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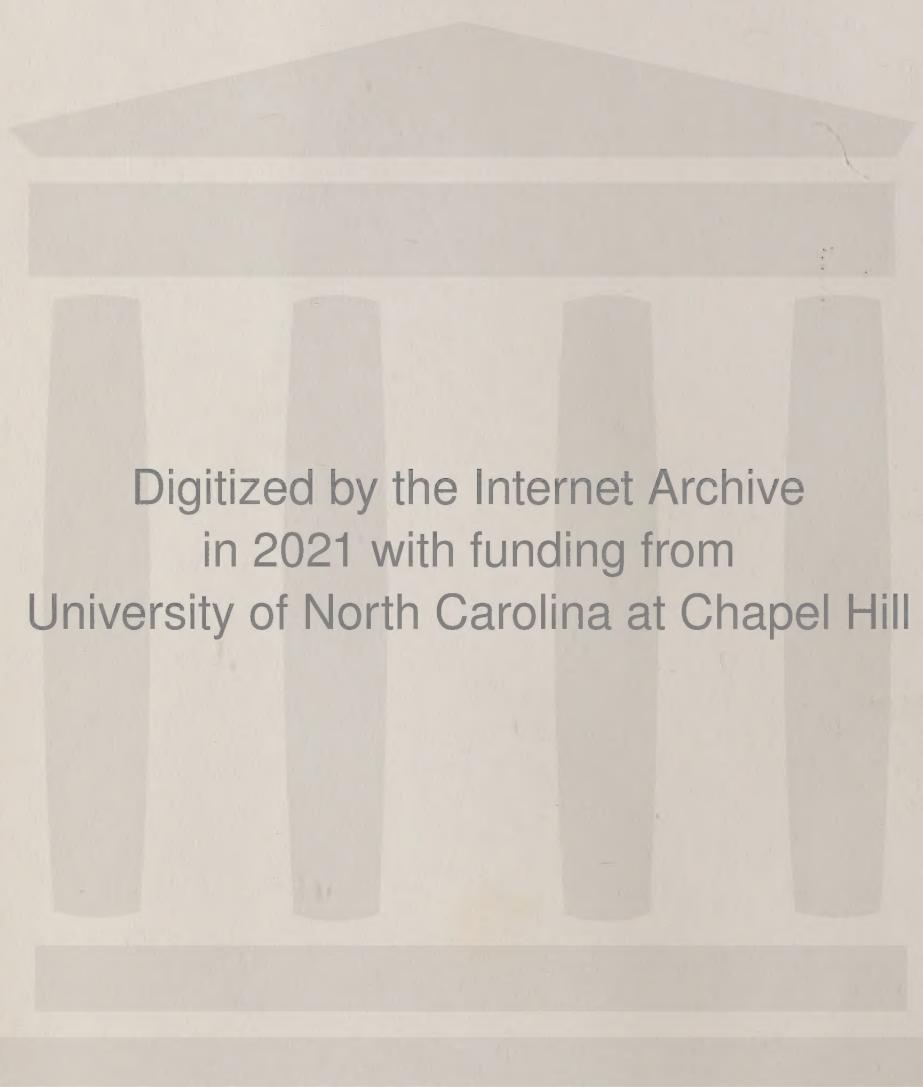


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The Central
Cook Book

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The Central Cook Book



A Collection of Tested Recipes
Compiled and Published
by
Circle Number Three
Central Methodist Church
Raleigh, N. C.
1924

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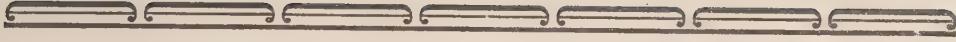


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RECIPE FOR A HAPPY DAY

Take a dash of water cold
And a little leaven of prayer,
A little bit of sunshine gold
Dissolved in morning air.
Add to your meal some merriment
A thought for kith and kin,
And then as a prime ingredient
A plenty of work thrown in.
But spice it all with the essence of
 love,
And a little whiff of play.
Let the wise old Book
And a glance above
Complete the well spent day.



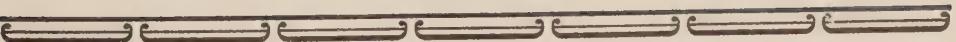
PREFACE

There is an old saying, "The way to a man's heart is through his stomach."

So we have in this little book endeavored to give you the simplest and best menus of reaching it. Although the book is small the recipes are choice. The Committee wishes you success in your attempts in reproducing them.

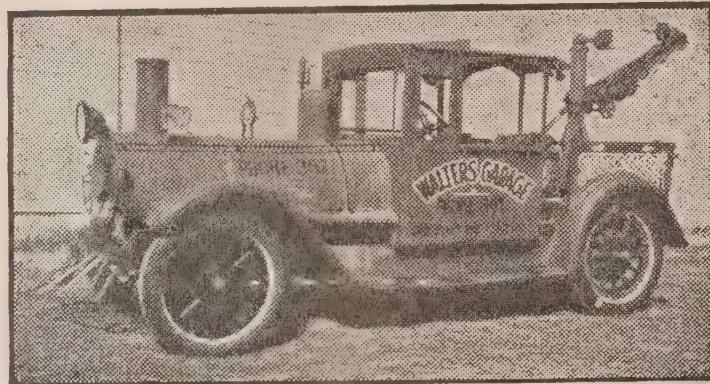
Particular attention is called to the advertisements in this book.

THE COMMITTEE



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KNOX GELATINE comes in two packages—PLAIN and ACIDULATED (Lemon Flavor)

SOUPS

Quick Potato Soup

2 potatoes. 1 teaspoon tapioca.
1 pint milk. 1 tablespoon butter.
Salt and pepper to taste.

Slice potatoes very thin, cover with hot water, add a little salt and cook quickly. When tender, mash quickly and add the milk. Let boil up, season with salt, pepper and butter, and serve at once.

MRS. H. E. GEORGE.

Chicken Brunswick Stew

4 pound hen. 1 quart potatoes.
 $\frac{1}{4}$ pound veal. 1 can corn (or 2 fresh ears).
 $\frac{1}{2}$ pound bacon. 1 pound cabbage.
 $\frac{1}{2}$ quart onions. $\frac{1}{2}$ pound butter.
Okra (if liked). Red and black pepper, salt to taste.

Cook hen and potatoes thoroughly done. Cut chicken from bones and run through meat chopper with all the other meats and vegetables. Add this mixture to water that was used for cooking hen. Add butter, salt and pepper and cook three hours or more.

MRS. J. B. MARTIN.

Cream Tomato Soup

2 tablespoonfuls flour. 2 teaspoons sugar.
2 tablespoonfuls butter. Celery seed, salt and pepper to taste.
1 cupful milk. A pinch of soda.
1 quart can of tomatoes.

Cook tomatoes and water twenty minutes then run through sieve. Blend butter and flour over fire, add sugar, milk, salt, pepper and celery seed (ground), add baking soda to tomatoes, then add gradually to butter and flour mixture. Bring to boiling point and serve with tablespoonful whipped cream on top of each dish.

MRS. J. B. MARTIN.

Vegetable Soup

1 large soup bone. 1 can corn.
1 can vegetables. 3 onions.
1 can tomatoes. 1 cup rice.
1 pod red pepper.

Salt to taste.

Boil briskly for four or five hours.

MRS. C. D. LEAVISTER.

KNOX GELATINE is GUARANTEED to please or money back

Chicken Soup

In boiling chicken for salads, etc., the broth may be used for soup.

To the broth add a dozen (or 1 quart can) tomatoes, and one thinly sliced onion; boil twenty minutes, season with salt and pepper, add two well-beaten eggs, and serve.

MRS. U. B. ALEXANDER.

Brunswick Stew (Small)

Dress and cut up one chicken. Put on fire in one-half gallon water. Let stew until bones can be removed. Add one-half dozen large tomatoes, one pint of butter beans, corn cut from one-half dozen ears and four large Irish potatoes sliced. Season with butter, pepper and salt and cook until thick.

MRS. CLARENCE HOWELL.

Vegetable Soup

Cover a 25-cent soup bone with cold water, when the water gets hot add three tablespoons of barley, two-thirds cup carrots, three small onions (two heaping tablespoons), one and one-half cups potatoes, three pieces of celery, one cup cabbage, two small pieces of hot pepper. Salt and black pepper to suit taste. One cup noodles, one can tomato soup. Grind all vegetables in the meat chopper and add to the stock. Just before serving add the tomato soup and boil five minutes. If a thin soup is preferred, put through a soup strainer and add the noodles after it has been strained and cook twenty minutes, adding the tomato soup the last five minutes. Celery salt may be used in place of fresh celery.

MRS. H. E. GEORGE.

Noodles

One egg slightly beaten, add pinch of salt and enough flour to make a stiff dough. Knead until it is elastic. Roll out thin and let stand an hour, then roll and cut into ribbons or fancy pieces. Cook this cut up material in boiling salted water fifteen minutes then add to hot soup or chicken broth.

MRS. H. E. GEORGE.

Brunswick Stew

1 pound stewing beef, veal or
chicken.

1 can succotash.

1 1/2 cups water.

1 tablespoon butter.

1 tablespoon sugar.

Pepper and salt.

MISS MILDRED H. SMITH.

Irish Stew

1½ pounds beef.
5 potatoes.

Small can of tomatoes.
1 large onion.

Cut beef into good sized pieces. Cut onion in quarters. Cut Irish potatoes in small pieces. Place all in vessel. Season with salt and black pepper to taste. Add a small piece of red pepper. Boil three or four hours. MRS. W. F. RAGLAND.

Irish Stew

Take some brisket beef, about four pounds, to that quantity use six good sized Irish potatoes and three good sized onions, about one teaspoonful black pepper, a pinch of cayenne pepper, and half a boll red pepper. Also use four small carrots, and one pint tomatoes (one can). Cut beef in small pieces, also carrots, and cook thoroughly done. Put in the other vegetables when beef is about half-done. MRS. J. D. RIGGAN.

Stew Beef

4 pounds tender stew beef. 4 large onions.

Put on stove and cook for four hours, then put in one pod red pepper. Salt to taste and just enough vinegar to give a good flavor. Stew down and thicken with browned flour.

MRS. C. D. LEAVISTER.

Chuck Beef Stew

Cheap cuts of beef can be made very good cooked this way. Three pounds at fifteen cents per pound. Cut in medium small pieces; wash in cold water. Fry out beef fat, salt and pepper and dredge each piece with flour. Drop in hot fat and brown well on both sides. Then add enough boiling water to cover and boil slowly for two hours. Keep just enough water in the meat to keep it from sticking. When done, your meat gravy and all are ready with a golden brown color.

MRS. J. B. MARTIN.

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KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

FISH AND OYSTERS

Salmon Croquettes

1 can salmon. 2 beaten eggs.

Salt and pepper, and enough cracker crumbs, bread crumbs or flour to form into balls. Roll in flour, and fry until nice brown.

MRS. U. B. ALEXANDER.

Scalloped Oysters

Mash and drain one quart of oysters. Put in layers in baking dish, alternating with dry bread crumbs and seasoning. When dish is filled, add strained oyster liquor and sufficient milk to moisten. Cover with bread crumbs, add butter in bits, and bake one-half hour in hot oven.

MRS. CLARENCE HOWELL.

Fried Oysters

Select nice, large oysters and drain thoroughly. Roll in beaten eggs, then in cracker crumbs, oyster meal or plain corn meal, after adding little pepper. Fry in equal parts lard and butter.

MRS. U. B. ALEXANDER.

Oyster Stew

1 quart oysters. 1 quart milk.
4 tablespoons butter. Salt and pepper.

Drain oysters from liquor. Heat liquor to boiling point, and skim. Scald milk, add liquor and oysters. Cook until edges of oysters shrivel. Add butter, salt and pepper, and serve at once.

MRS. U. B. ALEXANDER.

Oyster Dressing

6 cold biscuits. 4 slices of loaf bread.
2 eggs. $\frac{1}{4}$ cup butter.
1 pint of oysters. 1 pint of broth from chicken or
Sweet milk if needed. turkey.
Salt and pepper.

Mix ingredients, but do not have the mixture too dry. Bake in a hot oven.

MRS. W. J. RICHARDSON.

Use KNOX GELATINE if you would be sure of results

Oysters

1 quart fresh oysters.
1/8 pound butter.

1 cup hot water.
Salt and pepper to taste.

Add hot water and seasonings to oysters and just bring to boiling point. Serve hot. This way will never make you sick.

MRS. J. B. MARTIN.

Oyster Pie

Place in layers oysters and bread. Season with salt and pepper and a little catsup. Let the last layer be of thin bread slices. Pour over the whole enough oyster liquor to moisten well. Bake until done.

MRS. W. L. NEVINS.

Salmon Cakes

1 can salmon.
1/2 cup vinegar.

1 egg.
1/2 teaspoon salt.
1/2 teaspoon pepper.

Flour enough so you can handle easy. Fry brown in hot fat.

MRS. C. D. LEAVESTER.

Baked Fish

Clean fish, sprinkle with salt, and fill with stuffing. Sew or skewer the edges together. Cut gashes on each side of the fish, across. Put strips of salt pork in gashes. Grease the baking-sheet and place fish on it. Put the sheet in a baking-pan. Baste every ten minutes. Serve with drawn butter or Hollandaise sauce.

MISS JULIA COPPEDGE.

Baked Shad

Roe shad is always best for baking, as the roe is a great addition to the dressing. Scale and dress by making an incision lengthwise from head on body, or remove if desired. Wash, place in a flat baking-pan. Slash upper side of fish with a sharp knife and insert small slices of bacon. Scatter over fish small pieces of butter. Dredge the whole with flour, salt and pepper.

For dressing: Four large, well-done Irish potatoes. Mash, season with celery, salt, butter, parsley and an onion; also mash part of the boiled roe. Add to other ingredients; brown; serve with fish. Remove shad carefully, so that it will not break. Garnish with lemon and sprigs of parsley.

MRS. W. L. NEVINS.

Baked Shad

Clean, wipe and dry fish. Make a dressing of bread crumbs, butter, salt and pepper, parsley and one beaten egg. Stuff fish, fasten up with string, score crosswise, and place slices of bacon in scores.

Sauce: Boil up gravy in which shad was cooked, add large tablespoon brown flour which has been wet with cold water, one tablespoon of catsup and a little lemon juice.

MRS. CLARENCE HOWELL.

Shad Stew

One-fourth pound bacon. Slice bacon and put in vessel for cooking. Cook till bacon is browned to a crisp, taking care not to scorch. Remove vessel from fire. Add water to cool. Shad should be sliced in medium pieces and placed in vessel in layers, with thinly sliced onions and Irish potatoes. Salt and pepper to suit taste. Between each layer put water enough to keep from scorching. Place upon fire, bring to boil slowly, and continue till fish is cooked, which should be thirty minutes. Break one dozen eggs in vessel with stew, and when cooked, stew is ready to serve. One can of tomatoes poured over stew as it begins to cook will add much to the flavor.

Rockfish could be substituted in place of shad, which is just as good, if not better.

MRS. C. K. PROCTOR.

Baked Shad

Clean, wash and dry the fish. Make a dressing of grated bread crumbs, butter, salt and pepper to taste. Stuff shad and sew or tie up. Put in baking-pan, with cup of hot water, and bake an hour. Baste often with butter and water.

Sauce: Boil the gravy with a tablespoon of catsup, one tablespoon of brown flour and juice of one lemon. Garnish fish with slices of lemon.

MRS. M. M. MURCHISON.

Salmon Croquettes

1 small can of salmon or tuna
fish.
1 egg.

1 tablespoon milk.
1 tablespoon butter.
2 tablespoons lemon juice.

Mix ingredients and season with pepper, salt, paprika and bit of onion. Add bread crumbs enough to mold into croquettes. Roll in bread crumbs and fry in hot fat. This quantity will make about ten croquettes.

MISS GERTRUDE ROYSTER.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

Cod Fish Cakes

8 medium sized Irish potatoes. 1 pound codfish shredded, or
1 can of fish flake (10½ oz).

Boil potatoes and fish together half an hour, drain and mash. About two tablespoons of milk, one egg beaten, pepper, a little salt if fish flake is used. This makes about fifteen cakes. Fry in hot fat, and serve at once. MISS MARY D. GEORGE.

Baked Halibut With Tomato Sauce

2 pounds halibut.	½ tablespoon sugar.
2 cups tomatoes.	3 tablespoons butter.
1 cup water.	3 tablespoons flour.
1 slice onion.	¾ teaspoons salt.
3 cloves.	1/3 teaspoon pepper.

Cook the tomatoes, water, onion, cloves and sugar twenty minutes. Melt butter, add flour, and stir into the hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce and garnish with parsley.

MISS LOUISE MURCHISON.

Hollenden Halibut

Arrange six thin slices of fat salt pork, 2½ inches square, in a dripping-pan, cover with one small onion thinly sliced, and add a bit of bay leaf. Wipe a 2-pound piece of halibut and place over the pork and onion. Mask with three tablespoons butter creamed and mixed with three tablespoons flour. Cover with three-fourths cup buttered bread crumbs and arrange thin strips of salt pork over the crumbs. Cover with buttered paper and bake fifty minutes in a moderate oven. Remove the paper during the last fifteen minutes of the cooking to brown the crumbs. Remove to hot serving-dish and garnish with slices of lemon. Cut in fancy shapes, sprinkle with finely chopped parsley and paprika. Serve with white sauce II, using fat left from cooking fish instead of butter.

MISS LOUISE MURCHISON.

EGG DISHES AND OMELETS

Scrambled Eggs

Beat eggs until the yolks and whites are blended, but not frothy. Add one tablespoon of milk (sweet) for each egg and one-eighth of a teaspoon of salt and a little pepper. Melt one-half tablespoon butter in double boiler and add egg mixture and cook until creamy. Remove from fire just before it is of the right consistency, as it thickens after taken from fire. (Scrambled eggs may be cooked in frying-pan over a slow fire.)

MISS RUTH DREW.

Coddled Eggs for Babies

Use small, deep pan, if convenient, and enough water to cover the eggs. Let come to a boil and remove from fire, put in eggs and cover pan, let stand about four to six minutes. Add little salt. Give white only to begin with, as some children cannot digest the yolks.

MRS. U. B. ALEXANDER.

Peach Omelet

Beat five egg yolks until light, add one-third cup of sirup from canned sliced peaches and fold in five stiffly beaten egg whites, melt one tablespoon of fat in a frying-pan and tip the pan so that it is thoroughly greased. Pour in the omelet mixture and bake. Spread one-half with canned sliced peaches, drained, and fold like an omelet. Turn out on a plate, garnish with more of the peaches, and serve immediately.

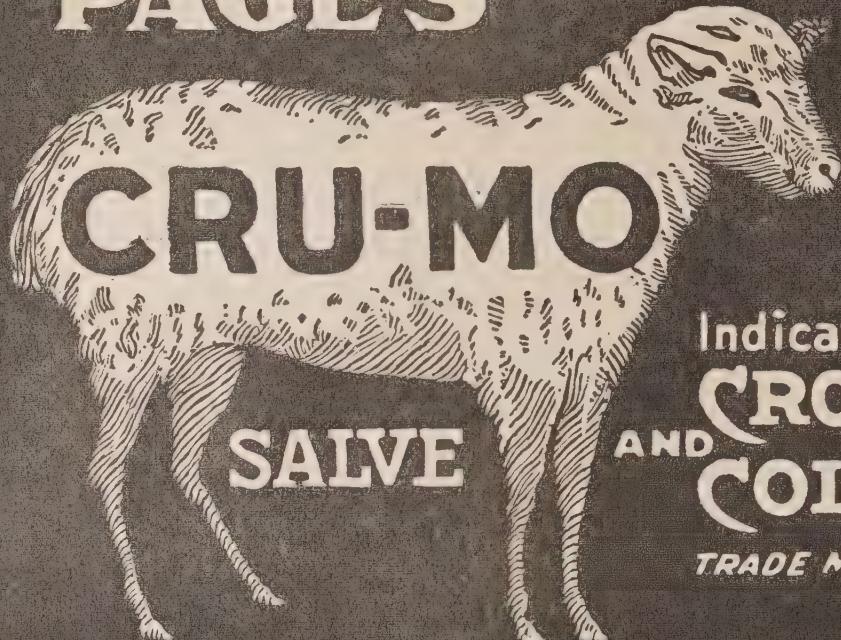
MRS. M. D. STROTHER.

Escalloped Eggs

Cook six eggs hard by boiling twenty minutes. Let them stand in cold water until cool, so that they will not discolor. Melt one-fourth cup of butter, stir into it until smooth one-fourth cup of flour. Gradually stir into this one pint of liquid, half milk and half water; cook, stirring constantly, until it thickens and is smooth. Add one chopped green sweet pepper and one-half teaspoon of salt. Remove from the fire, slice the eggs into it, and pour all into a baking-dish. Sprinkle thickly over the creamed eggs a mixture of cracker crumbs and grated cheese (three soda crackers and one-half pound of cheese). Place the dish in the oven and bake until the cheese is melted and browned.

MISS MARY D. GEORGE.

PAGE'S



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Baked Eggs on Toast

Slice bread one and a half inches thick and toast one side. Scoop out untoasted side of bread and break an egg into this hollow, season with salt, butter and a dash of pepper. Place in oven and bake until eggs are set. Serve at once.

MRS. EDGAR J. WICKER.

Tomato Omelet

1 medium size tomato. 3 eggs.
 Salt and pepper.

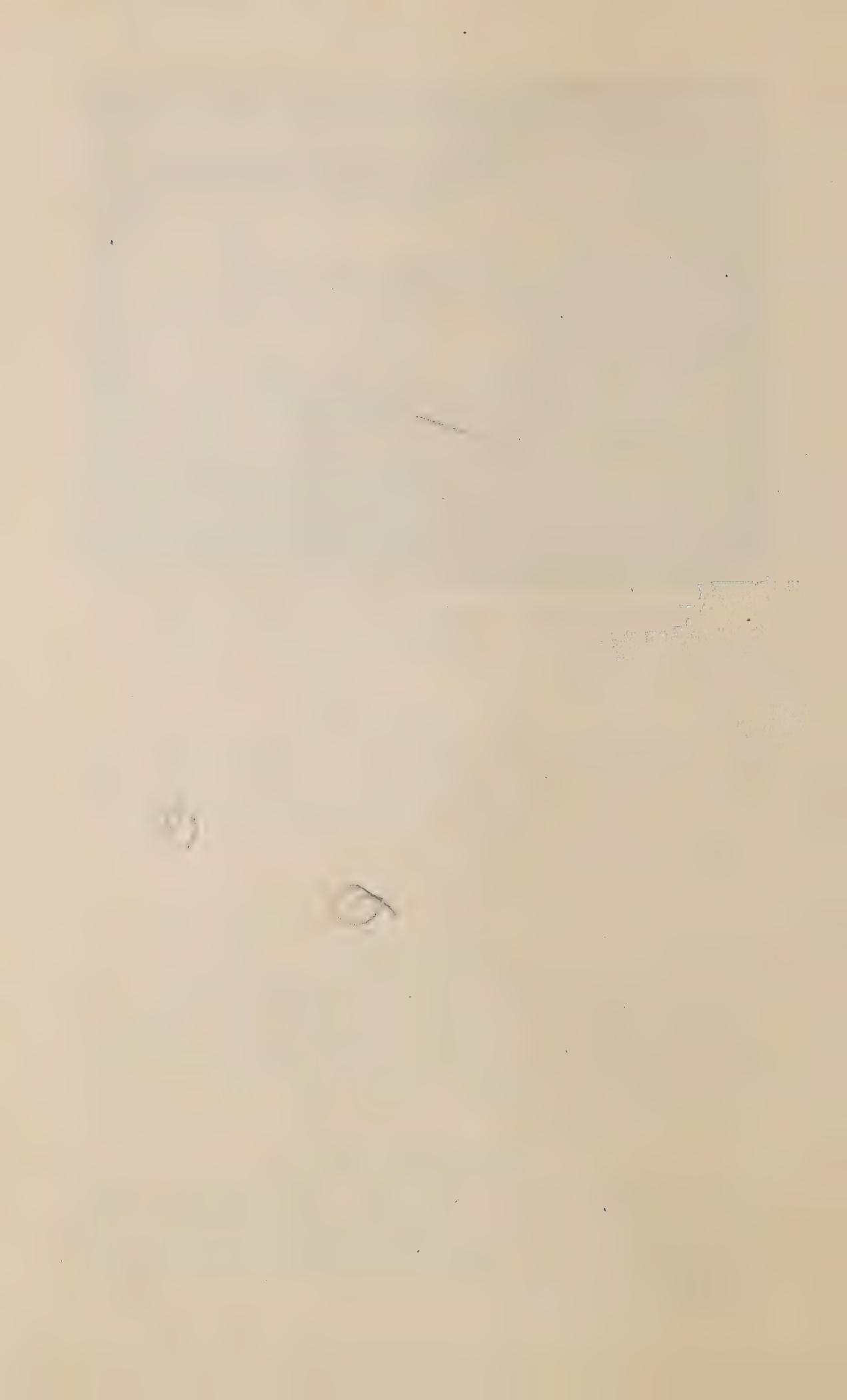
Cut up tomato and cook in butter until thoroughly tender. Put butter in another pan and pour in beaten eggs, with salt and pepper added. When egg begins to set, pour tomatoes on top of half of it and turn other half over the tomatoes and let it remain in the pan just enough for edges to seal, and serve hot.

MRS. A. P. HEDRICK.

Pink Pickled Eggs

Shell hard-boiled eggs, then drop into the vinegar in which beets have been pickled. Remove when colored a deep pink. These are pretty for a picnic lunch, or they may be cut lengthwise and served on lettuce leaves, with mayonnaise dressing as a salad.

MRS. H. E. GEORGE.



Where recipes call for Gelatine, use KNOX SPARKLING
GELATINE

Cheese and Egg Dish

To one pound of cheese add six eggs. Cut up cheese, add eggs, scramble well together, serve while hot.

MRS. W. I. WELLONS.

Plain Omelet

1 egg for each serving.
Salt and pepper to taste.

2 tablespoons milk.
 $\frac{1}{4}$ teaspoon of baking powder.
1 teaspoon butter.

Beat eggs slightly, add milk, baking powder, pepper and salt, and beat until light. Put batter in pan. Let run evenly, pour in, and when puffed up, fold.

MRS. W. P. BETTS.

Egg Omelet

Six eggs, beaten separately; to the yolks add salt and pepper and six tablespoonfuls of sweet milk; heat a tablespoonful of butter in a frying-pan, and when hot mix the whites with the yolks and cook gently from five to ten minutes, or until a nice brown, and turn, or lap. Serve at once on a hot dish.

MRS. U. B. ALEXANDER.

Hard-Boiled Eggs

Put eggs in kettle or covered pan, and boil rapidly three minutes. Then remove to back of stove and let set in the water, which they were boiled in, for twenty minutes.

MISS AVA CROWDER.

Golden Rod Eggs

3 eggs.
6 slices of toast.
Butter.

Salt.
Pepper.
Mayonnaise.

Hard-boil the eggs, put the yolks through potato ricer, slice whites of eggs on toast, sprinkle whites with yolks as they come through ricer, and cover with mayonnaise.

MRS. H. BLAIR STEVICK.

Stuffed Eggs, Spanish Style

Cut hard-boiled eggs in halves, lengthwise. Remove yolks and mash. Add finely chopped onion, finely chopped celery and chopped green or red pepper, using one-fourth teaspoon of each to one egg. Moisten with salad dressing. Refill whites with mixture, and press halves together.

MRS. H. E. GEORGE.

Plain Egg Omelet

4 eggs.	$\frac{1}{2}$ teaspoon salt.
Few grains pepper.	4 tablespoons hot water.
	1 tablespoon butter.

Separate yolks from whites, beat yolks until thick and lemon-like. Add salt, pepper and hot water. Beat whites until very stiff and dry, cutting and folding them in first mixture. Heat pan and butter sides and bottom; turn in mixture, spread evenly, place on stove where it will cook slowly, occasionally turning the pan. When well puffed and brown underneath, place pan in oven to finish cooking the top. It is cooked when it does not stick to the finger. Then fold together and serve.

MRS. H. E. GEORGE.

Deviled Eggs

One-half dozen hard-boiled eggs, cut in halves and remove yolks. Mash yolks fine, mix with one tablespoon melted butter, one-half teaspoon mustard, little grated cheese and chopped pickles. Add enough vinegar to soften mixture; salt and pepper to taste. A little cold boiled ham, chopped fine, may be added, also. Mix all well and fill whites.

MRS. U. B. ALEXANDER.

For Dainty, Delicious Desserts, use Knox Gelatine

POULTRY AND MEATS

Meat Loaf

1½ pounds round steak.	½ pound pork.
1 egg.	1 cup bread crumbs.
½ cup milk.	2 teaspoons salt.
Butter size of a walnut.	2 medium size onions.
1 sprig parsley.	½ sage leaf.
	½ teaspoon black pepper.

Grind meat and knead into a loaf, and sprinkle with flour. Bake two hours in a moderate oven.

MRS. A. P. HEDRICK.

Meat Loaf

1 pound hamburg steak.	½ pound pork sausage.
1 egg.	½ cup bread crumbs.
½ cup potatoes chopped fine.	½ teaspoon salt.
¼ teaspoon pepper.	1 onion.

Mix in egg, bread crumbs, potatoes, salt, pepper and finely chopped onion. Mold in loaf pan, place in moderate oven, bake about one hour. Baste with melted pork fat. Serve hot or cold.

MRS. S. M. SWAN.

Beef Loaf

Two pounds beef and one pound pork. Grind in meat chopper. Use one box crackers, five eggs and one-half cup butter. Crumble or grate crackers; mix all thoroughly. Salt to taste. Use one-fourth teaspoonful cayenne pepper and one scant teaspoonful black pepper. Bake in a Liske roaster, with a little water, from three to four hours.

MRS. J. D. RIGGAN.

E. W. HELMS

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Meat Loaf

1 pound of round steak.	2 sprigs of parsley.
$\frac{1}{2}$ pound fresh pork.	1 tablespoon butter.
$\frac{1}{2}$ cup bread crumbs.	$\frac{1}{2}$ teaspoon salt.
1 onion.	$\frac{1}{2}$ teaspoon pepper.

Grind steak, pork and onions in a food chopper. Season with salt and pepper. Brown bread crumbs. Roll until crumbled. Then mix into a loaf and place in pan half full of water. Cook in slow oven. When cold, slice and serve.

MISS JULIA COPPEDGE.

Meat Loaf

1 $\frac{1}{2}$ pounds ground beef.	$\frac{1}{2}$ cup of bread crumbs or crackers.
$\frac{1}{2}$ pound ground pork.	1 egg or more.
$\frac{1}{2}$ pint of boiling water.	2 ounces of butter.

Work all ingredients together, adding pepper and salt to taste. Mould into loaf and bake in moderate oven for one and one-half hours.

MRS. FRED ALLEN.

Bewitched Veal

3 pounds lean veal chopped fine	Pepper and salt.
$\frac{1}{2}$ pound fat salt pork chopped fine.	1 cup milk.
Nutmeg.	3 eggs.
Little onion.	Small piece of butter.

Mix all together, pressing firmly into a loaf. Cover with fine bread crumbs and bake two and one-half hours. Baste often.

MRS. W. P. BALLARD.

Pot Roast

Put one-half a cup of lard in pot and have it smoking hot. Put in roast and turn back and forth in lard for twenty minutes; then cover with boiling water and cook until done. If desired, put onions on roast when cooking in the lard.

MRS. W. H. HARRIS.

Beefsteak

Remove gristle and bone, wash and beat well. Roll in flour and put in deep, boiling fat, adding salt after the blood has come to the surface; then fry slowly, with pan covered, until nicely browned on both sides. If you make the browned gravy with the meat still in the pan, the gravy will be better and the steak softer; but if desired dry, remove before making gravy.

MRS. U. B. ALEXANDER.

Each package of KNOX GELATINE makes FOUR PINTS of jelly

Broiled Steak

Wipe meat with damp cloth, trim off large pieces of fat, grease broiler and place meat on it. Broil over clear fire, turning every few seconds for first minute to prevent juice from escaping. Sprinkle with salt and pepper. Serve on hot platter, with "parsley butter."

Parsley Butter: Three tablespoons butter, one tablespoon lemon juice, one cup parsley (chopped). Cream butter, add lemon and chopped parsley. MRS. R. B. TEMPLETON.

Roast Beef

Place meat in moderately hot oven, in just enough water to prevent sticking. Sprinkle with flour, salt and pepper. Cook slowly, and every few minutes basting, so as to brown evenly. Place boiled Irish potatoes around roast. A roast of about three or four pounds will require one and one-half hours to cook thoroughly. MRS. R. B. TEMPLETON.

Pork Roast

Four pounds of pork loin. Wash, rub good with salt, put in roast-pan two cups water; turn occasionally while cooking. Three tablespoons of vinegar, one tablespoon of flour and one red pepper. Mix and pour over roast. Put back in oven five minutes. This serves fifteen. MRS. E. A. MARTIN.

Pork Chops

Cook as you would chicken, and it will taste very much like it. Thoroughly salt and pepper each chop separately. With a small portion fat go over each piece again. Dredge each piece with flour. Cover, and when brown on both sides half fill the pan with water. When it begins to stew, lower the fire and cook at least half an hour. MISS MILDRED H. SMITH.

Croquettes

Melt two tablespoons butter in a saucepan, add two tablespoons corn starch, one pint scalded milk added slowly. Stir well. Add one beaten egg. Add this to the following: two cups chopped meat, one teaspoon salt, one-half teaspoon celery, little pepper and onion juice, one teaspoon chopped parsley. Shape, roll in crumbs, then roll in egg, again in crumbs, and fry in hot lard. MRS. W. P. BALLARD.

KNOX GELATINE solves the problem of "What to have for dessert"

Fried Chicken

Wash chicken in water having a bit of soda; rinse quickly, not keeping chicken long in water. Sprinkle with one rounded tablespoon salt and a bit of pepper. Roll in flour, put in frying-pan, having one rounded tablespoon fat, smoking hot. Turn immediately, cover, and cook in moderate oven until tender. Under favorable conditions it will be browned on both sides.

For steak use only a small quantity of fat. Do not salt and pepper until tender. When cooked as much as you wish, take from oven, butter and pepper and sprinkle with salt.

MRS. D. N. CAVINESS.

Chicken Roast

1 five pound hen.
Flour.

Salt and pepper.
Dressing and lard.

Prepare the hen, soak one hour or more in cold salt water, take out, drain well and wipe with dry cloth. Salt, pepper and rub with lard, and sprinkle with flour after you have added the dressing. Put in fireless cooker at 8 o'clock, and when you return from church Sunday your chicken is ready to serve. Lift the chicken out and make gravy. Serve hot.

MRS. J. B. MARTIN.

Baked Hen

After ready for cooking, put hen on to cook, with water enough to cover it, and keep covered well to retain steam. When tender, remove and use broth from parboiling for dressing.

Dressing: One quart toasted bread crumbs moistened with broth from chicken, four tablespoons of butter, beaten yolks of two eggs, salt and pepper to taste. Add oysters or celery if desired, and bake until brown and tender.

MRS. M. M. MURCHISON.

Hungarian Goulash

One pound round steak, cut into one-inch squares; one pound veal steak, cut into one-inch squares; one pound pork steak, cut into one-inch squares; one green pepper, chopped; two medium-sized onions. Brown onion and pepper in three tablespoons hot butter; add meat, stirring it, in order to sear all sides; then add one quart boiling water, three tablespoons stewed tomatoes. Salt and paprika to taste. Cook slowly two hours, then thicken the liquid slightly and pour over hot baking-powder biscuit on platter.

MRS. H. E. GEORGE.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

Chicken Pie

Cut the chicken in pieces and boil nearly tender. Make a rich crust, with an egg or two to make it light. Layers of ham and hard-boiled eggs will add greatly, but can be omitted if desired. Place chicken and pastry in pan, add butter, salt and pepper, and cover with broth and top crust; bake.

MRS. U. B. ALEXANDER.

Chicken Pie

Clean chicken and cut into pieces. Sprinkle with salt, and set aside for one hour. For pastry use one and one-half cup of plain flour, salt, one tablespoon of lard; make with water. Roll and cut as for pastry. Line the bottom of a medium-size pan with strips of pastry. Place a layer of chicken and pieces of butter on each; another layer of pastry and chicken, until all the chicken is used. Sprinkle with pepper. Use half pound of butter. Fill the pan with water. Cook in slow oven until chicken is done.

MISS JULIA COPPEDGE.

Chicken Croquettes

1 cup of bread crumbs.	2 well-beaten eggs.
3 cups chopped cooked chicken.	Salt and pepper to taste.

To the cold cooked chicken add salt, pepper, bread crumbs and beaten eggs. If necessary, moisten with milk or chicken gravy. Shape into cones, or balls; dip in bread crumbs, beaten eggs, and in bread crumbs again. Fry until brown in hot fat, or bake in hot oven.

MISS JULIA COPPEDGE.

For Using Left Over Beef

4 large or 6 small white potatoes. 2 large or 4 small onions.
Use scraps of beef on hand—not over 1 pint.

Butter, salt and pepper to taste. Cut all in moderately small pieces, put in pan, pour gravy over; if none, use tablespoon butter, enough hot water to fill in. Bake in oven till potatoes and onions are done.

MRS. W. P. BETTS.

Dried Beef

If beef is very salty, freshen in a little hot water. Make cream gravy with one tablespoonful of flour lightly browned in one tablespoonful of butter; add slowly about a pint of sweet milk; when it boils, pour over beef, and serve very hot. This cream gravy is very good with pork chops or fried ham. Can use some gravy instead of butter in either of these if desired.

MRS. U. B. ALEXANDER.

Use KNOX GELATINE—the Four-pint package

Creamed Ham on Toast

1 tablespoon butter or other fat.	3 tablespoons flour.
1 cup milk.	3 tablespoons prepared salad dressing.
5 slices toast.	
Paprika.	1 cup chopped cooked ham.

Melt butter and add flour. When well mixed, add milk and bring to boiling point, stirring constantly. Add ham, and cook three minutes. Remove from fire, add salad dressing, and pour over slices of toast. Sprinkle with paprika, and serve.

MRS. H. E. GEORGE.

Round Steak Roast With Dressing

Select a nice round steak (do not order over phone); have it cut thin. Wipe with a damp cloth. Make dressing same as for chicken. Put on the steak, roll up and tie with clean cord; rub butter or lard over the outside; sprinkle with flour, and cook in fireless cooker from two and one-half to three hours. Season inside and out of roast with salt and pepper.

MRS. J. B. MARTIN.

Toad In A Hole

1 pound round steak.	1 cup flour.
1 pint sweet milk.	2 eggs.
	Salt and pepper.

Beat eggs very light, add milk and pour on the flour gradually, beating smooth. Butter a two-quart pan, put ground meat in the pan and season well. Pour batter over the meat, and bake one hour in a moderate oven, and serve hot.

MRS. A. P. HEDRICK.

Pork Sausage

If you are not convenient to a market, buy fresh pork sausage in quantities and fry. Place in jars and cover with grease. When ready for it it is only necessary to heat it, and will be as good as fresh. To brown the gravy add a few grains of sugar, or a little sprinkle of flour, or pour in a little boiled coffee.

MRS. U. B. ALEXANDER.

Second Missouri

1 pound hamburg steak.	Potatoes.
Onions.	$\frac{1}{2}$ can tomatoes.

Put in layers, season with pepper, salt and melted butter, with a little parsley, bake in the oven two and one-half hours.

MRS. H. E. GEORGE.

KNOX GELATINE makes a transparent, tender, quivering jelly

Fried Frogs' Legs

6 pairs frogs' legs.
1 egg.

Fine bread crumbs.
Salt and pepper.

Skin and wash the legs in cold water and dry them on a clean towel. Season with salt and pepper and a little lemon juice. Beat up the egg slightly, and dip the legs into the beaten egg, then into the fine crumbs, and fry in hot fat for about five minutes. Drain on plain paper. A wire frying basket is best to fry them in. Serve hot.

MISS RUTH WEATHERLY.

Roast Rabbit

Place in pot and cover with cold water. When it begins to boil add about one-half teaspoonful soda and let boil about fifteen minutes, drain off water, and nearly cover again with boiling water, add salt and boil until tender. Put in pan or roaster, sprinkle with flour and pepper, and add enough liquor to baste well until browned. Make a flour or corn starch thickening for gravy.

MRS. U. B. ALEXANDER.

Smothered Chicken

Take two young chickens, frying size or a little larger; split down the backs; rub into them salt and pepper and lay them in a small baking pan, put in water enough to cover. A heaping tablespoon of butter, cut into bits; cover with another pan and put into the stove, let cook until done. Take large tablespoon of butter, some red pepper, juice from the two chickens, one-half cup vinegar, if you like it, cook until thick, pour over the chickens and let brown.

MISS NELLIE STEIN.

Pot Roast

Wipe off roast with a wet cloth, put some fat in a pan and sear over, browning all surface, put in a pot with one cup of hot water, cover closely, cook till tender, seasoning after first half hour of cooking. If water cooks out, add a small quantity.

MRS. W. P. BETTS.

Stuffing—Chestnut

2 cups chestnuts.
1/3 cup melted butter.
1 cup cracker crumbs.

3/4 teaspoon salt.
1/2 teaspoon pepper.
3/4 cup milk or cream.

Cook the nuts in salted water until done. Drain, mash and add all together.

MRS. W. L. NEVINS.

FOUR separate Desserts or Salads from one package of Knox Gelatine

Cream Chicken

Dress young hen and cut as for frying. Let stand over night in salt. Next morning boil gently until tender. Remove piece by piece from the liquor. Now add to the liquor a cup of milk in which a little flour has made smooth. Add a teaspoon of celery seed, a sprig or two of parsley, a salt spoon of white pepper, and a hard-boiled egg mashed very fine, a tablespoon of butter. Let boil, and then pour over the chicken, which should be already placed on toast all ready on the serving dish.

MRS. W. L. NEVINS.

Roast Turkey

Select a turkey with a firm flesh and yellow skin. Dress, clean, stuff and tie wings and legs close to body. Place on its back on a rack in dripping pan or roaster. Rub the entire surface with salt and butter and flour. Place in medium hot oven, and when well browned reduce the heat, and baste every fifteen or twenty minutes (if not roasted in a self-basting pan). A ten pound turkey requires but three hours.

MRS. W. L. NEVINS.

Meat Birds and Tomato Sauce

1½ pounds round steak.	4 slices of bacon.
1 onion, chopped fine.	2 cups boiling water.
3 tablespoons of butter or drippings.	1 tablespoon of flour.

Pound the steak and cut it into pieces four inches square. Lay a piece of bacon and a little onion on each square, roll up and fasten with string or toothpicks. Melt the butter or drippings, then brown the steak in this, sprinkle on the flour and salt and pepper to season, according to taste. Add the boiling water, cover and simmer two hours. Remove strings or toothpicks before serving. After the meat has been taken out of the pan heat a can of tomato soup in the gravy and pour over the meat birds and serve at once.

MISS MARY D. GEORGE.

Pork Corn-Meal Mush

1 pound pork.	2 quarts water.
1 heaping pint corn meal.	Salt to suit taste.

Grind meat through course grinder and boil fifteen minutes in salted water, add corn meal slowly, stirring constantly, cook over a slow fire one and one-fourth hours. Wet bread pan in cold water and pour in mush. When thoroughly cold cut in slices and fry in hot fat.

MRS. H. E. GEORGE.

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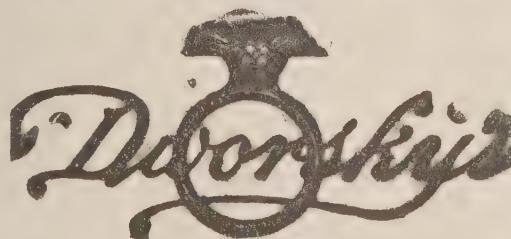
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VEGETABLES

Tomato Toast

3 firm tomatoes.	6 slices smoked bacon.
6 slices of toast.	2 cups milk.
2 tablespoons flour.	1 onion.
	Salt and pepper.

Fry bacon and put on plate. Mince onion and fry in same fat. Cut tomatoes in rather thick slices and fry in same fat until slightly brown but not soft enough to break. Butter toast and lay in platter, piling tomatoes on top. Set in oven to keep hot. Stir flour into pan gravy and slowly add milk, stir until perfectly smooth, season with salt and pepper and pour over the tomatoes. Lay slices of bacon on top. The onion may be omitted.

MISS MARY D. GEORGE.

Hot Slaw

One quart cabbage cut fine. One and one-half tablespoons of meat fryings or lard and butter. One-fourth cup vinegar (if strong dilute with two-third cup of water), two tablespoons of sugar, salt and pepper to taste. Cook about one-half hour, or until tender. Then add one egg beaten to which has been added one and one-half tablespoons of sour cream or one-half cup sweet milk. Place over fire to thicken by adding a little flour and water mixed together.

MRS. H. E. GEORGE.

Squash

Wash, cook whole until tender, drain thoroughly, press out all water. Place in pan with two tablespoons of white bacon fat, cut one onion, salt and pepper, fry until light brown.

MISS JULIA COPPEDGE.

Stuffed Potatoes

Bake as many potatoes as desired. Cut them in half, take out all the meat, mash and add two tablespoons butter, the yolks of two eggs, one-half cup cream, little salt. Refill the skins with the mixture and bake ten minutes.

MRS. W. P. BALLARD.

Irish Potatoes With Roast

Boil potatoes in their skins until about done, peel, and when your roast is almost done, lay the potatoes in pan and baste as you do the meat, until all is nicely browned. Arrange around meat on platter.

MRS. U. B. ALEXANDER.

Asparagus on Toast

Cook asparagus in boiling, salted water from ten to fifteen minutes; or until tender. If canned asparagus, heat contents in salted water about five minutes. Drain off water, place on toast, and pour over a sauce made from two tablespoons melted butter to which two tablespoons best grade flour, one-half teaspoon salt and dash of pepper are added. Into this pour one cup of heated milk and cook together until the flour thickens the mixture.

MRS. G. C. HENSON.

Asparagus

Cut off stalk as far down as brittle. Wash, scrape ends. Re-tie in bundles for cooking. Cook in boiling water until tender, leave tips out of water first ten minutes. Add salt before taking from water, season with butter and pepper or white sauce.

MISS JULIA COPPEDGE.

Boston Baked Beans

1 quart dried white beans.	$\frac{1}{2}$ pound fat pork.
2 tablespoons sugar.	2 tablespoons molasses.
1 teaspoon salt.	1 teaspoon mustard.

Soak beans over night in cold water. In the morning drain and cook in boiling water until skins crack, when tested by removing a few from the water. When tender, drain and put in a bean pot. Bury pork in top of beans and cover the whole with boiling water mixed with sugar, molasses, salt and mustard, cover and bake slowly four hours, add boiling water as it boils away.

MRS. S. M. SWAN.

Lima Beans

Shell beans just before using, rinse in cold water. Put into saucepan; cover with boiling water and boil until tender. Drain and add seasoning and melted butter.

MRS. W. H. HARRIS.

Potato Puff

Left over potatoes may be used as follows:

Two cups of hot or cold mashed potatoes, two eggs, three tablespoons of cream or milk, one tablespoon of butter, salt and pepper to taste. If the potatoes are cold heat them; add butter, cream, yolks of eggs, and seasoning, stir over the fire until well mixed. Take from the fire, add carefully the well beaten whites of eggs; grease the dish, pour in the potatoes and bake in a quick oven a nice brown.

MRS. H. I. GLASS.

A KNOX GELATINE Dessert or Salad is attractive and appetizing

Potato Chips

Slice half a dozen good sized white potatoes about one-eighth inch thick, salt to taste, or if bacon drippings are used they will not need salt, place in hot grease and turn until crisp. Drain on oiled paper or wire rack. They are delicious served hot, or may be served the same as Saratoga chips.

MISS RUTH RIGGAN.

Sweet Potato Croquettes

Pare as many as needed and boil in salted water; when done mash; add salt and little butter, flour and beaten egg or two. Form into croquettes and roll in flour, fry in hot lard. Sugar may be added if desired.

MRS. U. B. ALEXANDER.

Fried Irish Potatoes

Boil until tender in salted water. If very large cut in about eight pieces, if medium, four, roll in flour and fry until evenly browned all over, adding more salt, if necessary, and pepper.

MRS. U. B. ALEXANDER.

Macaroni Stew

1½ pound macaroni.
1 large onion.

1 large can tomatoes.
1 pound round steak.

Put steak in deep stewpan with two tablespoons of hot lard, let cook on both sides until nearly tender, add tomatoes and onion, about half pint boiling water, cook about ten minutes then add macaroni and cook slowly until macaroni is done, add more water if needed, season with pepper and salt to taste. Serve hot. When nearly done remove steak from the pan.

MRS. S. M. SWAN.

Corn Pudding

1 can corn.
1 teaspoon salt.
¼ teaspoon pepper.
2 eggs.

2 tablespoons butter.
2 tablespoons sugar.
Tablespoon flour.
Corn starch.
2 cups milk.

Place corn in mixing bowl. Stir in salt, pepper, sugar, slightly beaten eggs, milk and butter. When mixed pour into a greased baking dish. Bake in a slow oven until firm. Six ears fresh corn may be used instead of canned corn.

MISS JULIA COPPEDGE.

Corn Pudding

1 can corn. 2 tablespoonfuls flour.
2 tablespoonfuls sugar. Large piece of butter.

Mix all well. Place in pan. Let bake in slow oven until thick.

MRS. W. F. RAGLAND.

Baked Potatoes

Medium size potatoes. Wash well with brush. Place in hot oven and bake forty minutes or until fork can pierce through skins and soft. Water or steam should be allowed to escape as this causes potatoes to be soggy. Serve with a little cayenne pepper and salt with grated cheese over them.

MRS. R. B. TEMPLETON.

Stuffed Tomatoes

Six tomatoes, one cup cold cooked meat, two tablespoons butter, salt and pepper to taste, one egg, one-half cup bread crumbs. Cut a thin slice from stem end of tomatoes, take out seeds and pulp, mix chopped meat, melted butter, salt and pepper, add slightly beaten egg, mix. Fill tomatoes, sprinkle top with bread crumbs. Bake in a hot oven until tomatoes are tender. Serve six persons.

MRS. S. M. SWAN.

Creamed Irish Potatoes

Let water come to the boiling point before adding potatoes which have been previously pared. Cook until tender, pour potatoes into colander, shake in the air two or three times or enough to partly cool potatoes. Warm milk, as potatoes are mashed gradually add the milk (do not use enough milk to make potatoes thin). After thoroughly mashing, beat potatoes with a spoon as you would cake, do this until they are very, very light. As potatoes are mashed add butter. Salt and pepper to taste.

MRS. H. I. GLASS.

Escalloped Sweet Potatoes

Use cold boiled potatoes and slice. Arrange in alternate layers with a can of mushrooms, season each layer with butter, salt and pepper. Fill dish nearly full; then pour over one cupful of good cream. Cover with buttered bread crumbs and bake in a moderate oven for twenty or thirty minutes.

MRS. W. F. RAGLAND.

Cabbage

Chop fine and cover with cold water. Fry the grease out of the bacon and pour into pot, or heat whatever grease that is to be used, and lift cabbage from water and put into hot grease. The water that remains on the cabbage will be sufficient to begin with, but more hot water will be required as it boils down. Season with salt and pepper. A little bit of sugar will sometimes improve the flavor. Cabbage will cook this way in about half the time it takes to boil in the regular way, and is more delicious.

MRS. U. B. ALEXANDER.

Egg Plant

Cut in one-quarter inch slices. Soak in cold salt water. Drain dry, roll in flour, dip in one well beaten egg, sprinkle with pepper and fry in hot fat.

MISS JULIA COPPEDGE.

Carrots

Slice lengthwise or crosswise rather thin as it takes a long time for them to cook. Boil until tender, add about one cup hot milk after draining off water, two tablespoonsful butter, very little salt and pepper, a little flour thickening or the beaten yolk of one or two eggs, stew all together a few minutes and serve hot.

MRS. U. B. ALEXANDER.

Beets

Wash, cook whole in boiling water until tender, peel and slice. When cool season with teaspoon of sugar, salt and vinegar.

MISS JULIA COPPEDGE.

Hash In Green Peppers

Remove seeds from peppers and drop into boiling water for five minutes. Remove and fill with any kind of hash. Sprinkle with cracker crumbs and bake one-half hour. Keep pan moist with hot water in which is a little seasoning.

MRS. P. B. MAGRUDER.

Peas

If dry, soak over night, or parboil in a little soda water, drain and add fresh hot water. If green the one boiling is all that is needed. Boil meat with them or season with meat gravy, salt and pepper to taste. A grating of nutmeg will improve their flavor.

MRS. U. B. ALEXANDER.

KNOX GELATINE is the one dessert for all appetites

Boiled Corn

Husk corn, removing all silks. Put corn into fresh boiling water to cover, and boil rapidly for five minutes. Remove from water and place on platter on which napkin has been spread, covering corn with ends of napkin. Serve immediately.

MRS. W. H. HARRIS.

Candied Potatoes (Sweet)

6 medium size potatoes. $\frac{1}{4}$ cup water.
 $\frac{1}{2}$ cup sugar. 2 tablespoons butter.

A few cloves.

Peel and slice potatoes and arrange in buttered pan. Make a syrup of sugar, water and butter. Pour over top of potatoes and bake fifteen minutes.

MISS JULIA COPPEDGE.

Cold Slaw

Wash cabbage, cut into quarters, and then slice very thin; allow to stand in cold water thirty minutes; drain well and cover with boiled or French dressing.

MRS. W. H. HARRIS.

Stewed Tomatoes

1 can tomatoes. 6 tablespoons sugar.
1 cup bread crumbs. 1 tablespoon butter.
Pepper and salt.

MISS MILDRED H. SMITH.

Irish Potatoes

Pare and boil until soft, drain off water, mash well, add salt, pepper and butter to taste. Pour in about one cup or enough hot milk to make soft, and add two or three well beaten raw eggs. The heat of the potatoes will cook them sufficiently, and it will make a light, rich looking dish. These are also very good baked in a greased pan until a light brown.

MRS. U. B. ALEXANDER.

Boiled Rice

1 cup rice. 6 cups boiling water.
 1 teaspoon salt.

Put the rice in a strainer and wash thoroughly under running water. Heat the water until boiling rapidly, add the salt and then drop in the rice a little at a time. Boil rapidly, uncovered, for 20 minutes, adding more water as the rice swells and absorbs it. There should be enough water on the rice all the time to keep it moving. When done, drain through a strainer and rinse with boiling water. Shake gently for a minute or two to drain and dry, then pile lightly in an uncovered dish.

MISS MARY D. GEORGE.

KNOX GELATINE is economical—one package makes FOUR PINTS of jelly

SALADS AND SALAD DRESSINGS

Asparagus Salad

Drain and rinse stalks of canned asparagus, cut ring of brilliant red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce and serve with French dressing to which has been added one-half tablespoon tomato catsup.

MISS LOUISE MURCHISON.

Fruit Salad

Cut shredded grapefruit in pieces about three-fourths inch thick. Cut slice of pineapple in one-half inch cubes. Marinate each separately. Drain and add a few marshmallows cut in small pieces, and a few shredded almonds. Serve on lettuce leaf with mayonnaise, garnish with a maraschino cherry.

MISS LOUISE MURCHISON.

Boiled Salad Dressing

$\frac{1}{2}$ tablespoon salt.
1 teaspoon mustard.
A little pepper.
2 eggs.

$1\frac{1}{2}$ tablespoons sugar.
 $\frac{1}{2}$ tablespoon flour.
 $\frac{1}{2}$ cup vinegar.
 $\frac{3}{4}$ cup milk.

1 tablespoon butter.

Mix dry ingredients, add vinegar and beaten egg yolks and mix; add milk and butter. Cook until thick and smooth. Take from fire and add beaten egg whites. Cool and serve. It is better to use double boiler.

MRS. W. H. HARRIS.

Pineapple Salad

One can sliced pineapple, cut in small pieces, one cup of walnut meats or pecan meats, mix all together with cooked cream dressing and serve on tender lettuce leaves. Serve cold.

Bird's Nest Salad

Shred white cabbage very fine and arrange like nests on individual salad plates. In the center of each nest place the unbroken yolk of a hard boiled egg, dress with mayonnaise and garnish with pimento and whites of the eggs chopped fine.

MRS. H. E. GEORGE.

KNOX GELATINE is measured ready for use—two envelopes in each package

Banana Salad

Use large ripe bananas. Cut into halves. Roll into chopped English walnuts, serve on lettuce and pour salad dressing on top.

MRS. J. E. RUDY.

Fruit Salad

Put layers of bananas, oranges, grated cocoanut and pineapple in a dish. Sweeten and let stand a while before serving.

MRS. J. E. RUDY.

Salad Dressing

Mix
½ teaspoon salt.
1 teaspoon sugar.
1 teaspoon dry mustard
Pinch of pepper.
Add 1 tablespoon of water.
Stir, then add 1 tablespoon lemon juice or vinegar.

Break in
1 egg and beat vigorously a few seconds.
Pour in
1 tablespoon wesson oil and beat a few seconds, then add 2 cups of the oil and beat until it thickens.

MRS. P. B. MAGRUDER.

Chicken Salad

Boil chicken until tender and cut in small pieces, add celery chopped fine, two boiled eggs, a few pieces of pickle, if desired, add one cup mayonnaise and season with salt and pepper.

MRS. R. B. TEMPLETON.

Chicken Salad

4 or 5 pound chicken.
Pepper and salt.

1 big stalk celery.
1 pint mayonnaise.

Cook chicken until real tender, dice chicken and celery, add pepper, salt and mayonnaise and serve on lettuce or as sandwiches.

MRS. W. I. WELLONS.

Cold Slaw Dressing

¾ cup vinegar.
1 dash cayenne pepper.
1 pinch mustard and salt.

1 egg.
2 teaspoons sugar.
Lump of butter size of an egg.

Beat egg and butter together, then add vinegar and other ingredients. Set over fire, stir constantly until it reaches the boiling point and becomes thick. **MRS. T. T. WELLONS.**

See that the name KNOX is on each package of Gelatine you buy

Orange-Pecan Salad

1 banana. $\frac{1}{2}$ cup pecan-meats.
2 oranges. Lettuce.
 French dressing.

Remove skin from banana, cut in quarters lengthwise and again crosswise and roll in pecan meats, finely chopped. Peel oranges, cut in slices crosswise, and remove the center core. Insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

MISS RUTH WEATHERLY.

Relish

Cut lettuce in small strips. Dice some sweet pickle cucumbers and mix. Serve with mayonnaise. Chili sauce served over lettuce is a pleasing relish.

MRS. W. P. BETTS.

Cream Dressing

2 teaspoons mustard. 2 eggs.
1 teaspoon salt. $\frac{1}{2}$ cup vinegar.
1 teaspoon sugar. $1\frac{1}{2}$ cup sweet milk.
2 teaspoons flour. 1 teaspoon butter.
Boil all together.

MRS. W. L. NEVINS.

Pineapple Dressing

1 cupful of pineapple juice. 2 eggs.
 $\frac{3}{4}$ cupful sugar. $\frac{1}{2}$ cupful cream, whipped.
1 tablespoonful flour. 2 tablespoonfuls butter.

Heat the pineapple juice until just warm. Blend together the flour and butter, add the egg yolks beaten and the sugar, and then the egg whites beaten stiff. Pour the warm pineapple juice into this, place in the top of a double boiler and cook until thick. Cool and add the whipped cream.

MISS RUTH WEATHERLY.

Mayonnaise

$\frac{1}{4}$ teaspoon salt. Cayenne pepper to taste.
1 egg. 1 tablespoon lemon juice or vinegar.
 $\frac{1}{2}$ teaspoon mustard. 1 cup Wesson oil.

Put whole egg in slightly warm bowl with dry ingredients, add a little oil and beat with an egg beater until thoroughly mixed, add remainder of oil in about three equal parts, beating after each addition.

Mayonnaise Dressing

1 teaspoon mustard.	1 egg (yolk).
1 teaspoon salt.	2 tablespoons lemon juice.
1 teaspoon powdered sugar.	2 tablespoons vinegar.
A few grains cayenne.	1½ cups olive oil.

Mix the dry ingredients, add the egg yolk, and when well beaten add one-half teaspoon vinegar. Add a drop or two of olive oil, stir constantly. Continue adding oil a few drops at a time as the mixture thickens and becomes of uniform consistency. When the mixture becomes quite thick add lemon juice or vinegar alternately with the oil, until all is used, always beating the mixture. MISS RUTH WEATHERLY.

Mayonnaise II

1 egg.	Juice of 1 lemon or 4 tablespoons
½ teaspoon salt.	vinegar.
	2 cups olive oil.

Put egg with vinegar or lemon juice and seasoning into bowl, beating with rotary egg beater. Add oil, a tablespoonful or more at a time, beating constantly. Well covered, this mayonnaise will keep for three or four weeks. MISS MABEL DAY.

Fruit Salad Dressing No. 1

2 level tablespoons flour.	1 egg or 2 yolks.
	2 level tablespoons pulverized sugar.

Beat eggs well, add juice of one lemon, if not enough to make one-half cup, add a little cold water, pinch of salt, boil and cool. Beat and add one cup whipped cream, if too thick add more cream. MRS. H. E. GEORGE.

Fruit Salad

Arrange slices of pineapple on the lettuce, and on each slice put half a canned peach, hollow side up. Fill the hollow with fruit salad dressing No. 1, and on top place a maraschino cherry. A pastry tube may be used and the dressing put on in fancy designs. MISS MARY D. GEORGE.

Potato Salad

Boil with jackets on about eight white potatoes, allow these to cool before peeling, then when cool peel and dice, into the potatoes chip fine two or three sweet, green peppers and one small onion, salt to taste, when thoroughly chilled add enough mayonnaise to mix it well. Celery can be used instead of the peppers. MRS. W. R. DORSETT.

Knox Sparkling Gelatine makes dainty desserts for dainty people

Fruit Salad

3 oranges.	2 grapefruit.
2 apples.	1 banana.
	1 small can pineapple.

Remove skin and fibre from oranges and grapefruit and pare apples and banana. Cut them, with pineapple into small pieces, mix all together and let stand to blend. Drain, mix with any good salad dressing.

Fruit Salad

There are many delicious fruit salads but the following combinations are very good:

Quantities in proportion to number to be served:

Apples, oranges and bananas all sliced up together with salad dressing, pineapple, pears and white grapes, seeded, with mayonnaise.

Apples, celery and nuts, or sliced bananas lengthwise in halves covered with dressing and sprinkled with ground peanuts. Each to be served on crisp lettuce leaves. Nuts may be added to either one.

SALAD DRESSING

Beat two whole eggs until light, add two and one-half tablespoons vinegar, one-half teaspoon salt, one teaspoon sugar and one teaspoon butter, cook until it thickens, cool. Take as much cream as you have dressing, whip stiff and add to dressing. This is good with almost any fruit salad, but some are better with mayonnaise.

MRS. U. B. ALEXANDER.

Fruit Salad

3 tablespoonsful Knox's gelatine.	$\frac{1}{2}$ cup cold water.
1 cup boiling water.	2 $\frac{1}{2}$ cups gingerale.
3 tablespoons sugar.	1 tablespoon lemon juice.
Dash of salt	

When it begins to congeal add:

1 cup cherries.	$\frac{1}{2}$ cup celery (cut fine).
1 cup chopped pineapple.	$\frac{1}{2}$ cup nuts, chopped fine.

Serves eight.

MRS. J. E. SAWYER.

Potato Salad

Six medium sized potatoes, pared and cut in thin slices. Cook till tender in salted water. Mash potatoes and season with pepper, celery seed or onion chopped fine. Stir in yoke of one egg and mix thoroughly. Garnish with slices of hard-boiled egg.

MRS. J. T. CROWDER.

Potato Salad

Slice and cut in pieces one quart of cold boiled potatoes, one small onion and three hard-boiled eggs. Season to taste, mix together. Use for dressing one-half pint of vinegar, sweeten to taste, one teaspoon of mustard, a lump of butter the size of an egg, one tablespoon of cream. Let this come to a boiling point and pour over the ingredients. After stirring well, garnish with slices of hard-boiled eggs.

MRS. M. D. STROTHER.

Potato Salad

Mash or cut in cubes, cold boiled potatoes, one mellow apple, one onion, one or two stalks of celery, one green or ripe sweet pepper, hard-boiled eggs. Mix with dressing made from half cup sweet milk, one egg beaten into it, boil until it thickens; then add a tablespoonful of butter, one of sugar, some salt, pepper and mustard to taste. Slice hard-boiled eggs and place on top, garnish with tips of celery or parsley.

MRS. U. B. ALEXANDER.

Potato Salad

Boil five medium size potatoes, cool and dice. To these add six sticks of celery and two pimentoes diced. If onions are liked chop one fine, salt slightly. Mix these with one-half cup mayonnaise. Line salad bowl with lettuce. Place salad on this leaving lettuce arranged around the edges. Cut pimento into strips, like petals and arrange as a flower. Grate yolk of boiled egg for center.

MRS. R. E. PRINCE.

Chicken Salad

Boil chicken until it is tender and cut in small pieces, cut also whites of a dozen hard boiled eggs. Add chopped cabbage and celery in equal quantities. Pound yolks of eggs fine and add two tablespoons of sugar and butter. One teaspoon of mustard with pepper and salt to taste. Finally add half a tea cup of good vinegar. Mix thoroughly.

MRS. M. D. STROTHER.

Chicken Salad

Mix white meat of cold, boiled chicken cut fine, with about same quantity of celery, one hard-boiled egg, a little mayonnaise dressing, and let stand in cool place about one hour. Serve on lettuce and spread with mayonnaise over top. Garnish with stuffed olives and one hard-boiled egg sliced.

MRS. U. B. ALEXANDER.

Egg Salad

Cut the white of three hard-cooked eggs lengthwise in strips one-fourth inch thick. Arrange these on lettuce leaves as the petals of a flower. Mix half the yolks with an equal amount of mayonnaise. Drop the mixture in the center of the petals. Put the remaining yolks through a sieve and sprinkle over each salad. This makes three salads. **MISS LOUINE MURCHISON.**

Grape Fruit and Orange Salad

Slice grape fruit and orange, arrange on lettuce, garnish with blanched almonds, shredded. Serve with French dressing.

MISS LOUINE MURCHISON.

Salmon and Pea Salad

Two cupfuls of flaked salmon are mixed with 2 cupfuls of peas and season with celery, salt and paprika. Serve on lettuce with mayonnaise dressing. **MISS LOUINE MURCHISON.**

Tuna Fish Salad

1 can tuna fish.	2 dill pickles (chopped fine).
A few stalks of celery.	2 hard-boiled eggs.

Mix with salad dressing and add salt and a pinch of red pepper. **MRS. R. B. TEMPLETON.**

Surprise Egg Salad

$\frac{1}{2}$ cup chopped celery.	$\frac{1}{2}$ cup chopped cooked chicken or 6 eggs.
1 cup mayonnaise or cooked salad dressing.	6 stuffed olives.
	1 head of lettuce.

Cover the eggs with boiling water and set where they will be at the boiling point, but where the water will not bubble for three-quarters of an hour. Put in cold water until chilled, shell and leave in cold water until ready to serve. Arrange salad leaves on dish. Mix the celery, cooked chicken, half the mayonnaise. With a sharp knife cut off the small ends of the eggs and with a small spoon remove the yolk, being careful not to break the white. Fill each with the chicken mixture and stand, cut end down, on the lettuce. Put spoonful of mayonnaise between eggs and sprinkle with yolks which have been put through a potato ricer. Decorate with the stuffed olives cut in slices. **MISS MARY D. GEORGE.**

Waldorf Salad

Dice two cups apples, one and one-half cups celery, two cups pineapple and one cup seedless raisins or grapes. Mix thoroughly with mayonnaise. Serves from four to six persons.

MRS. U. B. ALEXANDER.

Waldorf Salad

Two cups diced apples, one cup celery, cut in pieces, lettuce, one-half cup nut meats broken in pieces. Mix apples, celery and nuts. Moisten well with mayonnaise. Arrange on crisp lettuce leaves with salad dressing over the top. Garnish the top with halves of nut meats, if desired. MISS MARY D. GEORGE.

Stuffed Celery Sticks

One cream cheese, walnut meats, paprika and mayonnaise. The large outside stalks of celery should be used. Scrape, wash well, then lay in cheese cloth on ice until wanted. Mix the cheese with dressing and fill the celery stalks rounding, sprinkle with chopped walnut meats and paprika. Serve on bed of lettuce leaves with rings of sweet green pepper for garnish.

MISS MARY D. GEORGE.

Salmon Salad

One can salmon, two boiled potatoes, two dill pickles, few olives, celery, one very small chopped onion, three hard boiled eggs, season with vinegar, pepper and salt, mix thoroughly with dressing made of three tablespoons French's cream salad mustard, three tablespoons cream or milk, one teaspoon sugar. Let stand for few hours before serving. The eggs may be sliced and placed on top, also some of the olives if desired.

MRS. U. B. ALEXANDER.

Russian Salad Dressing

$\frac{1}{2}$ teaspoonful mustard	1 teaspoonful Worcestershire sauce.
$\frac{1}{2}$ teaspoonful salt.	1 tablespoonful vinegar.
$\frac{1}{8}$ teaspoonful white pepper.	1 tablespoonful lemon-juice.
$\frac{1}{8}$ teaspoonful paprika.	1 tablespoonful minced green pepper.
$\frac{1}{2}$ cupful salad oil.	2 teaspoonfuls minced parsley.
1 teaspoonful grated onion.	1 tablespoonful chili sauce.

Mix together the mustard, salt, white pepper and paprika. Add these dry ingredients to the vinegar, lemon juice, grated onion, Worcestershire sauce, chili sauce, minced green pepper and minced parsley, mixed together. Beat all into the salad oil and serve at once.

MISS RUTH WEATHERLY.

KNOX GELATINE comes in two packages—PLAIN and ACIDULATED (Lemon Flavor)

Boiled Dressing for Chicken or Potato Salad

2 tablespoons butter.	1 tablespoon sugar.
1 teaspoon flour.	1 teaspoon mustard (dry).
Mix all ingredients together and add:	
1 egg, then beat well. Add $\frac{3}{4}$ cup milk.	
$\frac{1}{4}$ cup vinegar.	Pinch salt.

Boil until thick as custard.

MRS. H. E. GEORGE.

Salad Dressing

5 yolks of eggs.	$\frac{1}{4}$ cup sugar.
$\frac{1}{2}$ teaspoon mustard.	$\frac{1}{4}$ cup melted lard.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ cup vinegar.
$\frac{1}{2}$ teaspoon celery seed.	1 cup whipped cream.
	$\frac{1}{4}$ teaspoon pepper.

Beat yolks light, add dry ingredients and melted lard. Let vinegar boil and add egg mixture. Stir till thick and cool. Add whipped cream before using. Dressing for one chicken for salad.

MRS. C. E. GLENN.

French Dressing

$\frac{1}{2}$ teaspoon salt.	2 tablespoons vinegar.
$\frac{1}{4}$ teaspoon pepper.	4 tablespoons olive oil.

Mix ingredients and stir until well blended and it thickens slightly. A few drops of onion juice may be added. French dressing is more easily prepared than any other, and is almost always prepared at the table, as greens soon wilt if allowed to stand in the dressing.

MISS RUTH WEATHERLY.

Molded Fruit Salad

6 tablespoons Knox's gelatine.	1 cup pineapple, diced.
6 tablespoons sugar.	1 orange, diced.
6 tablespoons lemon juice.	$\frac{1}{2}$ pound Malaga grapes.
Cherries.	$\frac{1}{4}$ pound cocoanut.

Dissolve gelatine in one-third cup water, add one and one-half cups boiling water. Add fruit juice or one cup water. Place cherries in bottom of mold, other fruit in layers. Pour in gelatine. Turn out on lettuce, serve with mayonnaise. Serves twelve.

MRS. C. E. GLENN.

Italian Salad

Fresh tomatoes, sliced, celery, green peppers and a little chopped onion. Serve with French dressing.

MRS. U. B. ALEXANDER.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

Orange and Cheese Salad

Peel one orange, removing all the white. Arrange the sections in fan shape on lettuce leaf, loosening them at only one end. Roll cream cheese in a ball one inch in diameter. Fleck with paprika. Place the ball at the base of the fan-shaped sections. Serve with French dressing.

MISS LOUINE MURCHISON.

String Bean Salad

One quart string beans, one small green pepper, one small onion. Cook beans in salt water until done, drain and add pepper and onion chopped fine. Pour over this French dressing and serve on crisp lettuce. If the beans have been cooked with meat, rinse with hot water then with cold and fix the same way.

MISS MARY D. GEORGE.

Apple and Raisin Salad

Pare, quarter and core three medium apples, cut into thin slices and squeeze over them the juice of one lemon. Add one cup of large raisins well plumped by boiling a few minutes and dried. Add one cup celery cut in one-fourth inch slices. Sprinkle with one-half teaspoon salt and four to six tablespoons of cool oil. Mix all together and serve on crisp lettuce.

MISS LOUINE MURCHISON.

String Bean and Cheese Salad

With the smooth sides of butter hands roll Neufchatel cheese into small egg shapes. Season string beans with French dressing and arrange on lettuce leaves in the shape of a nest. Arrange the eggs in the nest and sprinkle with dressing. Fleck with chopped parsley or paprika.

MISS LOUINE MURCHISON.

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CHEESE DISHES

Cheese Omelet

3 tablespoons flour.	3 tablespoons butter.
1 cup grated cheese.	1 cup sweet milk.
	3 eggs.

Cream, flour and butter, add milk, put on stove, cook until thick, remove from fire and add cheese, beat eggs separately, adding whites, last put in stove and cook twenty or twenty-five minutes.

MRS. EDGAR J. WICKER.

Cheese Balls

Grate one cup cheese, beat into it one egg, white whipped stiff. Mix into small balls and fry in smoking fat.

MRS. U. B. ALEXANDER.

Creole Spaghetti

1 package spaghetti.	1 can tomatoes.
2 sweet green peppers.	2 onions chopped fine.
$\frac{1}{2}$ pound round steak run through meat chopper.	1 cup grated cheese.

Brown the onions in two large spoons hot grease, add the chopped meat and stir lightly with a fork until the meat is seared over and slightly brown. Add the can of tomatoes and the green peppers freed from seed and chopped fine. Mix, cover closely and simmer very slowly one hour. Do not boil hard and do not season until it has cooked one hour, then season to taste with salt, pepper and red pepper. While the sauce is cooking prepare the spaghetti in small pieces. Cook one package in three quarts of boiling salted water till tender, but not shapeless. Drain off the hot water. Blanch by pouring cold water over it and drain again. When ready to serve, arrange on a broad platter a layer of the spaghetti, then a layer of sauce, another of spaghetti, then one of sauce. Spread the grated cheese on top. Place in oven just long enough to melt cheese and serve hot.

MRS. W. F. RAGLAND.

Baked Macaroni

Break up in lengths an inch long. Cook in boiling, salted water about twenty minutes; drain and put layer of macaroni in bottom of greased pan or baking dish, then layer of grated or thinly sliced cheese, then layer of toasted biscuit or cracker crumbs, with butter, a little more salt and pepper sprinkled in. Repeat this until pan is full, having cheese on top. Pour in enough milk to nearly come to top, and bake until brown.

MRS. U. B. ALEXANDER.

Cheese Straws

2 cups sifted flour.	$\frac{1}{4}$ teaspoon cayenne pepper.
2 teaspoons baking powder.	1 egg.
1 teaspoon salt.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cup butter.	$\frac{3}{4}$ cup grated cheese.

Sift flour once, add salt, baking powder and red pepper and sift three times. Add butter, egg before beating, cheese and milk and mix thoroughly. Roll one-eighth inch thick and cut in strips one-fourth inch wide. Bake in moderate oven until brown.

MRS. R. B. TEMPLETON.

Cheese Apples

Use American cheese, run through a meat grinder and form into small apples flattening the top and bottom slightly with the thumb and finger. Take the round part out of whole cloves and stick the clove in the bottom of apple. Use sprays of green shrubbery with the leaves cut off to make the stem, leaving one or two leaves on to give the natural effect of an apple. Tint the one side of the apple with the finger dipped in red cake or candy coloring. It will look like a small crab apple. Serve on the plate with fruit salad.

MISS MARY D. GEORGE.

Rictum Ditty (Rarebit)

$\frac{1}{2}$ pound grated cheese.	1 can tomato soup.
$\frac{1}{2}$ onion.	2 tablespoons of butter.
	2 eggs.

Whites and yolks of eggs beaten separately, season with Worcestershire sauce, Tabasco sauce and salt to taste. Mix soup, cheese, and onion cut fine to the melted butter, stir, until heated and the cheese melted, then add yolks of eggs beaten, and lastly the well beaten whites, stirring constantly. Serve hot on toast or crackers.

MISS MARY D. GEORGE.

Cheese Souffle

3 tablespoons flour.	3 eggs.
3 tablespoons butter.	1 cup sweet milk.
1 cup grated cheese.	Salt and pepper to taste.

Put butter and flour together in a saucepan, stir till blended without burning. Add the milk, a little at the time, and stir until the mixture becomes thick, add cheese, salt and pepper. Beat the egg yolks and whites separately, add yolks to the mixture in saucepan and blend thoroughly. Last fold in whites beaten to a stiff froth and turn into a deep, well greased dish. Bake in a moderate oven about twenty-five minutes, serve at once as it soon falls.

MISS BETTIE RUTH.

Home-Made Spaghetti

$\frac{1}{2}$ box spaghetti.	6 onions.
1 can tomatoes.	Butter.
$\frac{1}{2}$ pound cheese.	$\frac{1}{2}$ teaspoon salt.
	Black pepper

Cook spaghetti in water with a little salt, about twenty minutes. Cut onions in small pieces and fry in butter until brown, add tomatoes, grated cheese, salt and pepper and cook ten minutes, put layer of spaghetti and layer of tomatoes, etc., in a deep pan and bake in moderate oven about half hour. Serve hot.

MRS. A. P. HEDRICK.

Cheese Straws

One pint of flour, one teaspoon baking powder, salt to taste, good sized pinch, one cup grated cheese, one-half cup butter, a pinch of cayenne pepper. Mix with milk, roll about one-fourth inch thick, cut in strips and bake.

MISS RUTH RIGGAN.

Macaroni Au Gratin

$1\frac{1}{2}$ cups macaroni.	3 tablespoons butter.
1 cup grated cheese.	3 tablespoons flour.
1 cup bread crumbs.	2 cups milk.
	1 teaspoon salt

Cook macaroni in boiling water, salted, until tender, drain and pour over it a dash of cold water. Make a white sauce of butter, flour, milk and salt and mix with the macaroni. Stir the grated cheese into the mixture, turn into baking dish cover with the bread crumbs and bake in a moderate oven until nicely browned. If desired buttered crumbs may be used.

WHITE SAUCE

Heat the milk in double boiler, but do not let it reach the scalding point. Rub butter, flour and salt together until smooth, then slowly pour over them the heated milk, stir until smooth and thickened.

MISS MARY D. GEORGE.

Cheese Souffle

1 cup of milk.	3 tablespoons flour.
1 cup grated cheese.	3 eggs.
3 tablespoons of butter.	Pinch of salt.

When the milk boils add butter and flour that has been mixed together. When it thickens take off the stove and add cheese, then the yolks well beaten and then the well beaten whites. Put in a greased baking dish and bake in a moderate oven twenty minutes.

MRS. H. E. GEORGE.

All you add is water and sugar to the Knox Acidulated Package

BREAD AND ROLLS

Rolls

2 quarts flour (plain).
2 tablespoons sugar.

2 teaspoons salt.
Sift all together.

Mix in lard about the size of large egg, and make batter with two cups of water little more than lukewarm into which one cake Fleischmann's yeast has been dissolved. Mix well and let rise about three hours, then make out rolls, let them rise about one and one-half hours longer, then bake in moderate oven.

MRS. U. B. ALEXANDER.

Pop-Overs

2 eggs.
2 cups milk.

2 cups flour.
Pinch of salt.

Beat all together with egg beater until batter is light and frothy. Fill muffin tins one-half full and bake twenty minutes increasing the heat after they rise. MISS MARY D. GEORGE.

Corn Bread Baked or Soft Egg Bread

1 pint meal.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{2}$ teaspoon soda.

1 teaspoon salt.
1 teaspoon sugar.
1 teaspoon baking powder.

Sift all together and make soft batter with buttermilk, add two eggs, pour into well greased and floured pan or muffin rings and bake.

MRS. U. B. ALEXANDER.

Beaten Biscuit

4 cups flour.
1 scant teaspoon salt.

1 tablespoon lard.
1 cup sweet milk.
A small pinch soda.

Mix into very stiff dough, roll in biscuit machine until it blisters or beat with biscuit-beater until it blisters and can be handled without any flour, bake thirty minutes.

MISS MILDRED H. SMITH.

Good Biscuits

2 cups flour.
5 level teaspoons baking powder.
 $\frac{1}{4}$ cup lard.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon soda.
About one cup clabber or sour milk.

Mix with spoon. The dough will be too soft to roll but with plenty of flour, pat it and cut with a medium size cutter.

MISS MILDRED H. SMITH.



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Sweet Potato Biscuits

$1\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup shortening.

3 teaspoons baking powder.
1 cup mashed potatoes.
About $\frac{1}{2}$ cup sweet milk.

Bake fifteen minutes.

MISS MILDRED H. SMITH.

Boston Brown Bread

1 pint graham flour. 1 pint corn meal.
2 teaspoons soda dissolved in water. $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ pint molasses. 1 pint water.

Mix ingredients in order given. Beat well. Use milk in
place of water if desired. Steam two and one-half hours.

MRS. W. P. BALLARD.

Corn Cake or Johnny Cake

1 cup corn meal.
1 egg well beaten.
 $\frac{1}{2}$ cup sugar.

1 cup flour with 2 teaspoons of baking
powder sifted through it.
1 tablespoon butter.
Good pinch of salt.

Mix with milk. After mixing all together beat well and bake.

MRS. W. P. BALLARD.

Raised Rolls

1 quart flour.
 $\frac{1}{2}$ tablespoon butter.
 $\frac{1}{2}$ yeast cake.

$\frac{1}{2}$ tablespoon lard.
1 tablespoon sugar.
1 pint cold boiled milk.
Little salt.

Mix lard, butter, flour, etc., together with hands. When
needed for breakfast set at three o'clock day before, and at
nine o'clock roll out, cut with biscuit cutter. Butter one side
and turn over. Set away in a cool place over-night. If to be
used for dinner at six o'clock, set early in the morning and
roll out at noon.

MRS. P. B. MAGRUDER.

For Dainty, Delicious Desserts, use **Knox Gelatine**

Drop Powder Biscuit

One tablespoonful of lard, one pint flour, salt, two full teaspoons of baking powder, one teaspoon of sugar, enough milk to make a batter soft enough to drop from a spoon. Bake in a very hot oven.

MRS. H. I. GLASS.

Corn Sticks

2 cups meal.
1 teaspoon salt.
3 teaspoons baking powder
(Rumford).

2 tablespoonfuls melted shortening.
1 whole egg.
1½ cups milk.

Sift all the ingredients together, add the milk, shortening, and lastly the egg well beaten. Pour into muffin tins heated and oiled, or iron stick pans heated and oiled. Bake in hot oven about twenty minutes.

MRS. T. T. WELLONS.

Raisin Bread

1½ cups meal.
1½ cups flour.
¾ cup molasses.
1 cup raisins.
½ teaspoon each of nutmeg and spice.
Large kitchen spoon melted lard.

1½ cups buttermilk.
1½ teaspoons soda.
1 teaspoon salt.
1 cup nut meats.

Sift dry ingredients together, then add milk, etc., steam in two coffee cans (pound size) for two and one-half hours allowing boiling water to come nearly to top of cans.

MRS. EDGAR J. WICKER.

Southern Corn Bread

2 cups meal.
1 tablespoon hot bacon grease.

1 teaspoon baking powder.
½ teaspoon salt.

Mix with cold water to a real soft or thin mixture, pour in a hot pan greased well with bacon fat, cook in a hot oven.

MRS. J. B. MARTIN.

Corn Bread

¾ cup corn meal.
1 cup flour.
¼ cup sugar.
3 teaspoons baking powder.

½ teaspoon salt.
1 cup milk.
1 egg.
2 tablespoons melted butter.

Mix and sift the dry ingredients, add the milk, then the well beaten egg, and lastly the melted butter. Beat thoroughly. Bake for twenty-five minutes in a shallow buttered pan in a hot oven.

MISS RUTH WEATHERLY.

Dainty Recipes in each Knox Gelatine package

Kentucky Spoonbread

2 cups corn meal.	1 teaspoon salt.
2 eggs.	1½ cups buttermilk.
1 teaspoon soda.	1½ tablespoons butter.

Scald meal before adding the other ingredients.

MISS MILDRED H. SMITH.

Southern Spoonbread

2 cups milk.	½ teaspoon salt.
1 cup corn meal.	4 eggs.

Scald the milk, and slowly stir in the corn meal, add the salt and let boil two or three minutes. Remove from the fire, add the beaten egg yolks, beat well, then carefully fold in the stiffly beaten whites of eggs. Pour into a buttered baking-dish and bake in a moderate oven one-half hour. Serve hot from the baking dish at the table with a large spoon.

MISS RUTH WEATHERLY.

Nut Bread

1 cake yeast.	1 cup scalded milk, cooled.
1 tablespoon sugar.	3 cups flour.
1/3 cup sugar.	2 tablespoons lard.
1 egg (white).	¾ cup nuts (chopped).
	1/3 teaspoon salt.

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one-fourth cup flour and stir thoroughly. Cover and set aside in warm place for fifty minutes or until light. Add sugar and lard creamed, egg whites, nuts, remainder of flour and salt. Knead well and put in greased bowl and let it rise until double in bulk or two to two and one-half hours.

MRS. R. B. TEMPLETON.

Diabetic Bread (Jirch Food Co., Morris Plains, New Jersey)

2 pounds Jirch flour.	2 pints warm water.
½ ounce salt.	1 yeast cake.

Dissolve yeast and salt in little warm water, mix thoroughly with the flour, add sufficient warm water to make a thin dough. Allow dough to stand covered for one hour, then turn dough again. Put in warm pans and set to rise in warm place. In another hour it is ready for the oven which should be moderately hot. Small loaves are best and will bake in less than an hour.

MRS. EDWARD E. CRANE.

Buttermilk Biscuits

2 cups flour.	2 teaspoons baking powder.
1 teaspoon salt.	$\frac{1}{4}$ teaspoon soda.
2 tablespoons lard.	$1\frac{1}{2}$ cups buttermilk.

Make in soft dough and cut; bake in quick, hot oven about ten minutes.

MISS BETTIE RUTH.

Salt Rising Bread

In warm weather, the evening before or at noon in cold weather, scald a pint of sweet milk, add a pinch of soda, one-half teaspoonful of salt, two tablespoonsful of sugar and while hot stir in corn meal to make a thin batter, and set in a warm place.

Next morning scald a pint of fresh sweet milk, cool with a pint of water, add one-half teaspoonful of soda and the batter prepared the night before, then beat in flour to make a stiff batter. Set in a vessel of warm water until light, which will be in a short time. Have flour sifted in the tray, add a tablespoonful of salt, two tablespoonfuls of lard, pour in yeast, knead well, mold into loaves, put in greased pans, set in a warm place and when bread rises and is light it is ready to bake.

MISS RUTH WEATHERLY.

Lightning Bread Recipe

Peel one medium large potato. Cut into four parts. Add one and one-half quarts of water. Boil until potato is thoroughly done.

Strain off water and save it.

Mash potato fine. To the mashed potato add one teaspoon of salt and enough potato water to make a total solution of one quart. Add one tablespoon sugar. Mix well and cool to luke-warm temperature. Place in one quart jar. Break and add one cake of magic yeast, stir and stand in warm place over night or for about twelve hours.

After ferment has stood about twelve hours it can be used any time within the next eight hours. Ferment should be luke-warm when flour is added. If it is cold place in warm water for about fifteen minutes. When you are ready to make bread, place ferment in bowl. Add one tablespoon lard, two tablespoons of sugar, one teaspoon salt. Warm flour before mixing. Use about twelve quarts of flour. Add and mix all of the above to medium stiff dough, using a large spoon.

Knead for five minutes. Place in greased bowl, cover and let rise for forty-five minutes.

Each package of KNOX GELATINE makes FOUR PINTS of jelly

Place dough on moulding board. Fold over five or six times so as to press out the gas. Put back into bowl and let rise fifteen minutes. Then mould into four loaves. Let rise to nearly double their size. Bake in moderate oven for forty-five minutes.

If one does not care to make four loaves at one time use half of the amounts called for. Use half of the ferment and place the balance in a glass fruit jar and cover. It will keep for two or three days and can be used in the same way.

MISS RUTH WEATHERLY.

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CAKES, FILLINGS AND ICINGS

Cake-Making Hints

Pastry flour should be used for cakes and quick breads. It is made from winter wheats and has more starch and less gluten than bread flour; it is whiter, and when rubbed between the fingers feels soft and velvety. When pressed in the hand it retains the imprint of the fingers and holds its shape. If bread flour is used instead of pastry flour, substitute two tablespoons of corn starch for the same amount of bread flour in each cupful.

Air, gas, or a combination of the two, are the means that we have of making a cake light. We get air into a cake by beating the batter or using lightly beaten eggs. The gas is generated by using baking powder or an alkali. When a cake batter is beaten too long more of the gas is lost than the amount of air it is possible to beat in. Fold in the egg whites carefully, using a cutting and folding motion and not a beating one, for the air has already been beaten into the whites and any further beating or stirring of the batter will only drive it out.

Virginia Pound Cake

1 pound sugar.	1 pound Swans Down flour.
½ pound butter.	5 eggs.
1 cup water (cold).	2 full teaspoons Rumford baking
Pinch of salt.	powder.

Beat eggs separately, cream butter, then add sugar, little at a time, then yolk of eggs, then water, then the flour, salt and baking powder sifted twice. Fold whites of eggs in last, don't light the gas oven until the cake is ready to go in, bake forty-five minutes in a slow oven.

MRS. H. E. GEORGE.

Orange Cake and Filling

2 cups sugar.	½ cup butter.
3 eggs.	2 cups flour.
1 cup sweet milk.	2 teaspoons baking powder.
	Little salt.

Into the white of one egg beaten stiff stir one-half cup powdered sugar. Add the juice of one-half orange and enough sugar to thicken. When well mixed add the grated rind of the orange.

MRS. W. P. BALLARD.

**KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons**

Chocolate Cake

4 eggs well beaten.	2 cups sugar.
1 large cup milk.	1 pint flour.
2 teaspoons baking powder.	1 small cup butter (or half butter and
$\frac{1}{4}$ teaspoon salt.	half lard melted together).

Mix together and beat well and bake in greased and floured tins. Put together with chocolate icing.

MRS. U. B. ALEXANDER.

Delightful Cake

1 cup butter.	2 cups sugar.
4 level cups flour.	2 heaping teaspoons baking powder.
1 teaspoon lemon extract.	2 cups milk or water.
	3 eggs.

Cream butter and add ingredients, stir briskly. Bake two layers and to last add one pound of dates, one pound of raisins, one cup nuts, two teaspoons cinnamon, two teaspoons mixed spice. Put together alternately with following filling:

2 cups brown sugar.	1 large spoon butter.
	$\frac{1}{2}$ cup milk.

Cook until ropes, beat until creamy, then spread between layers.

MRS. R. E. PRINCE.

Lady Baltimore Cake

$\frac{3}{4}$ cup butter.	2 teaspoons baking powder.
1 $\frac{1}{2}$ cups sugar.	6 whites of eggs.
1 cup milk.	1 teaspoon vanilla.
	3 cups flour.

Cream butter and sugar, until light, add milk, add flour in which baking powder has been sifted. Mix well, flavor and fold in stiffly beaten eggs. Bake in layers in a quick oven.

ICING

2 cups granulated sugar.	$\frac{1}{2}$ cup water.
2 egg whites.	$\frac{1}{2}$ teaspoon baking powder.
1 cup chopped raisins.	$\frac{1}{2}$ cup chopped figs.
$\frac{1}{2}$ cup pecans.	$\frac{1}{2}$ cup almonds.

Make a boiled icing by cooking sugar and water until it spins a thread. Beat eggs until stiff and add baking powder. While beating pour hot syrup slowly over beaten eggs, continue beating until thick enough to spread. Divide icing leaving out enough for top and sides, mix fruit and nuts with remainder and put between layers. Decorate with whole nuts.

MRS. C. A. WALLIN.

Where recipes call for Gelatine, use KNOX SPARKLING
GELATINE

Fruit Cake

1 pound butter.
1 pound flour.
2 pounds raisins.
1 pound dates.
 $\frac{1}{2}$ pound candied cherries.
 $\frac{1}{4}$ pound orange peel.
1 tablespoonful cinnamon.
1 teaspoonful mace.
 $\frac{1}{2}$ nutmeg.

1 pound brown sugar.
9 eggs.
1 pound figs.
1 pound citron.
1 pound Brazil nuts.
 $\frac{1}{4}$ pound lemon peel.
 $\frac{1}{2}$ pound black walnuts.
1 teaspoonful cloves.
 $\frac{1}{2}$ cup molasses.

Cream together sugar and half the butter, add yolks of eggs, then the flour, alternating with well beaten whites of eggs. Have fruit thoroughly cleaned, dried and chopped. Melt remaining butter and mix thoroughly with the chopped fruit and nuts. Add to the batter, blend thoroughly and pour in baking tins. Steam three hours. Dry out in oven thirty or forty minutes.

MRS. J. W. WEAVER.

Gold Cake

2 cups sugar.
1 cup milk.
 $3\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon soda.

1 cup butter.
Yolks of 4 eggs.
2 whole eggs.
 $\frac{1}{2}$ teaspoon cream tartar.

Mix butter and sugar, add eggs well beaten, then milk, sift flour, soda, and cream of tartar, and add to the mixture. This makes a good foundation for most any layer cake, by using different fillings and frosting.

MRS. T. T. WELLONS.

Sponge Cake

Five eggs separated, two cups granulated sugar, three-fourths cup boiling water, two cups sifted flour (Swan's Down). Separate yolks and whites, beat yolks until thick and creamy. Add sugar little at a time, and beat, using egg whip, add boiling water, beating well all the time, then add flour which has been sifted three times after being measured and last whites of eggs with a pinch of salt added to them. Pour into a lightly greased and floured pan and bake in an oven not too hot.

MISS MARY D. GEORGE.

Foundation Filling for Layer Cakes

2 cups sugar.
1 cup milk.
Butter size of egg.

1 heaping tablespoon flour.
Pinch salt.
1 teaspoon extract.

To this may be added cocoanut, pineapple, nuts, raisins, or any desired fruits or nuts.

MRS. U. B. ALEXANDER.

KNOX GELATINE solves the problem of "What to have for dessert"

Jelly Roll

3 eggs.	1 cup flour.
1 cup sugar.	$\frac{1}{4}$ teaspoon salt.
3 teaspoons cold water.	1 teaspoon baking powder.

Beat the egg and sugar till quite thick. Add water, then the flour, salt and the baking powder sifted together twice. Line a shallow pan with greased paper, pour in the batter evenly and bake in a quick oven about twelve minutes. Turn out on a cloth or paper sprinkled with sugar, tear off paper and spread with jam or jelly. Roll up quickly.

MRS. T. T. WELLONS.

Date-Nut Loaf

1 cup nut meats.	1 cup dates.
1 cup flour.	1 cup sugar.
2 tablespoonsful warm water.	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ teaspoonful cinnamon.	$\frac{1}{2}$ teaspoonful vanilla.
3 eggs.	Heaping teaspoonful baking powder.

Chop dates and nut meats. Beat eggs and sugar until lemon color. Add warm water and other ingredients. Bake in moderate oven twenty to twenty-five minutes. Cut into squares while warm and roll in sugar.

MISS NELLIE ROYSTER.

Brown Stone Front

1 cup butter.	2 teaspoons of soda.
1 cup buttermilk.	2 teaspoons of Bee Brand vanilla.
3 cups sugar.	$\frac{1}{2}$ cup chocolate.
4 eggs.	1 cup boiling water.
	4 cups flour.

Cream butter, add the sugar and beat well, then add the eggs. Dissolve the soda in the milk. Add to the other mixture, add the flour and flavoring. Pour the boiling water over the chocolate, beat until cool and add to the batter. Put layers together with caramel filling.

MISS RUTH WEATHERLY.

Cheap Cake

Three eggs, three cups of flour, one-half cup butter, one cup of milk, one and one-half cups of sugar.

Separate eggs, beating yolks with half of the sugar. Cream butter with other half of sugar. Add these three together.

Sift flour three times with three level teaspoonsful of baking powder. Add flour to other ingredients. Whip whites of eggs very stiff and add last. Add little flour at the time alternating with milk. Flavor to taste and bake in layers in a moderate oven.

MRS. H. I. GLASS.

Use KNOX GELATINE—the Four-pint package

Pineapple Cake

6 eggs.	2 cups sugar.
1 cup pineapple syrup.	$\frac{1}{4}$ cup milk.
$\frac{1}{4}$ pound butter.	Piece of lard size of walnut.
4 cups flour, sifted well.	2 full teaspoons Rumford baking powder.

Cream sugar, butter and lard well, add four whole eggs and two yolks (well beaten), milk and pineapple syrup. Flour and baking powder. This mixture makes five good layers.

FILLING

To two well beaten egg whites add XXXX or confectioner's sugar, to ice well, then spread pineapple.

MRS. W. I. WELLONS.

White Cake

5 eggs (whites).	1 $\frac{3}{4}$ cups sugar.
$\frac{3}{4}$ cup butter.	1 cup milk.
3 cups flour.	2 teaspoons baking powder.
Flavor to taste.	

If you want a spice cake take out some of the dough and add whatever spice you like. If you want a chocolate add some cocoa same as you would spice. Cream sugar and butter, add milk, then flour, then eggs beaten good. MRS. J. T. MOYE.

Orange Cake

Batter: Use four eggs, one cup sugar, two cups flour, one-half cup warm water, one teaspoonful baking powder, one-half cup butter.

Filling: To two oranges, grated peeling and pulp, add two cups sugar, two tablespoonfuls water. Cook in a double boiler, and when scalding hot, stir in the yolk of two eggs, well beaten. Cook until it jells, and just before taking from the fire, stir in the white of one egg slightly beaten. When cold put between the layers.

Lemons may be used instead of oranges, making it a lemon cake. MISS RUTH RIGGAN.

Apple Sauce Cake

2 cups sugar.	1 teaspoon cloves—ground fine.
2 eggs.	1 teaspoon cinnamon.
2 cups stewed apples.	1 pound raisins or currants.
$\frac{1}{2}$ cup crisco.	3 cups flour.
2 teaspoons baking soda.	

Bake forty minutes medium heat.

MRS. W. L. NEVINS.

KNOX GELATINE makes a transparent, tender, quivering jelly

Cocoa Cake

1 cup butter.	3 cups flour.
3 cups sugar.	8 eggs.
1 cup cocoa.	1 cup milk.
2 teaspoons vanilla.	2 teaspoons Rumford baking powder.

Cream butter, add sugar and egg yolks, well beaten, add cocoa mixed with sifted dry ingredients and add alternately with milk. Cut or fold in stiffly beaten whites, pour into buttered pans, bake. Use either Mocha cake filling or boiled frosting. (This cake makes six layers, I only use half the recipe.)

BOILED FROSTING

1 cup sugar.	1 cup water.
1 teaspoon Bee Brand vanilla.	2 egg whites.

Boil sugar and water until it will spin a thread, pour slowly over stiffly beaten egg whites, add vanilla and beat until cool. Spread between layers and on top of cake. MISS RUTH DEW.

White Layer Cake

$\frac{1}{2}$ cup butter.	3 cups flour.
2 cups sugar.	4 egg whites or 2 whole eggs.
1 cup water or milk.	6 teaspoons baking powder.
	1 teaspoon vanilla.

Cream the butter, add sugar, and cream all thoroughly. Add yolks, and beat hard; then add the milk, melted chocolate, and gradually the flour. Beat vigorously. Fold in the stiffly beaten whites of eggs, vanilla, and baking powder. Mix quickly and bake in layers in a moderate oven. This makes three layers and can be put together with any desired frosting but to make a white cake use boiled frosting. MISS RUTH WEATHERLY.

Maple Walnut Cake

2 cups sugar.	1 cup butter.
1 cup cold water.	4 eggs.
3 cups flour.	2 teaspoons baking powder.
3 teaspoons cinnamon.	1 teaspoon maple flavoring.
	1 cup black walnut meat.

Cream butter and sugar, add eggs, yolks beaten good, then water, add flour with baking powder and cinnamon, last beaten whites, then add nuts dredged in flour, then flavor.

MRS. J. T. MOYE.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

Plain White Icing

3 cups sugar. $\frac{3}{4}$ cup water.
3 egg whites.

Cook sugar until it forms a soft ball when dropped in a cup of cold water. Stir slowly into slightly broken egg whites.

Mrs. W. I. WELLONS.

NOTE. If you do not use all the icing the same day it is made you can take off the thin crust another day and use as well as when first made. MRS. W. I. W.

Mrs. W. I. W.

White Layer Cake With Marshmallow Filling

2 cups sugar. 1 cup of butter beaten to a cream.
½ cup sweet milk. 2½ cups flour.
2 teaspoons baking powder. Whites of 8 eggs.

Bake in jelly cake tins.

Filling for above: Boil one-half cup water and three cups pulverized sugar till thick. Pour over well beaten whites of three eggs and mix in one-half pound of marshmallows. Beat carefully until all are mellow. When half cold add one teaspoon of vanilla and put on cake layers. MRS. A. D. SAVAGE.

Strawberry Shortcake

Make good, short biscuit crust in two tins. Mix berries with plenty of sugar, open the shortcake, butter well and place berries in layers alternated with crust, have top layer of berries, serve with whipped cream. Or make crust and roll out pieces about size of biscuit very thin and place a spoonful or two of berries and sugar and a piece of butter in each and lap part of crust over top and bake in pans of hot grease.

MRS. U. B. ALEXANDER.

Raisin Cream Icing

Cook one and one-half cups of light corn syrup until it will thread. Pour gradually, boiling hot, on the stiffly beaten whites of two eggs, add one cupful of chopped seeded raisins. Beat constantly until cold.

Orange Filling and Frosting

Beat the butter to a cream, adding one cup of the sugar, then add the balance of the sugar and the orange juice alternately until all of the sugar is used. (If orange is not very juicy, two oranges will be necessary.)

MISS RUTH DEW.

FOUR separate Desserts or Salads from one package of Knox Gelatine

Icings

1 pound XXXX sugar. 5 tablespoons milk.
Piece of butter size of walnut

Cream a little sugar with butter, then add milk and rest of sugar; beat until stiff enough to spread. If you want orange cake, add five teaspoons orange juice instead of milk. If lemon, add lemon juice instead of orange. If chocolate, add chocolate instead, with milk icing.

MRS. J. T. MOYE.

Cream Cake

3 eggs. 1½ cups sugar.
1 teaspoon baking powder. ¾ cup cream.
2 cups flour.

Break one egg at the time in the bowl with the sugar, and beat good; then, when all the eggs are beaten into the sugar, add extract, then the cream, and lastly the flour and baking powder; beat good and bake in three layers. Put together with any desired filling.

MISS RUTH WEATHERLY.

Chocolate Angel Cake

Whites of 12 eggs. ¼ teaspoonful salt.
1½ cupfuls sugar. 1 cupful self-rising flour.
6 teaspoonfuls cocoa. 1 teaspoonful cream of tartar.
1 teaspoonful lemon juice. 1 teaspoonful vanilla.

Combine flour, cocoa, and sugar; sift eight times; measure before sifting. Place egg whites and salt in large bowl and beat until frothy, then add cream of tartar and lemon juice. Whip until very stiff. Now fold in flour, sugar, cocoa, and vanilla. Pour in ungreased pan; bake about forty-five or fifty minutes, or until cake shrinks from pan. Use a cream filling on cake.

MRS. T. T. WELLONS.

Molasses Cake

1 cup sugar.	½ cup butter.
4 egg yolks	¼ teaspoon soda.
1 cup molasses.	3 cups flour.
1 teaspoon baking powder.	½ teaspoon Bee Brand cloves.
1 teaspoon Bee Brand cinnamon.	½ cup milk.
1 cup raisins rolled in flour.	½ cup nuts, chopped fine.

Mix sugar, beaten eggs, melted butter; stir soda into molasses and add sifted flour, baking powder and spices together, and add milk; beat well; then add raisins and nuts. This cake may be baked in a loaf tin or layer cake. Use boiled icing for filling, and nuts.

MRS. S. M. SWAN.

A Good Icing

White of three eggs, beaten to a stiff froth; one large cup sugar moistened with four tablespoons hot water. Boil sugar briskly for five minutes or until it jingles on bottom of the cup when dropped into cold water, or ropes when dropped from end of spoon; then with left hand pour boiling syrup upon beaten eggs in a small stream while beating hard with right hand.

MRS. T. H. LILES.

One, Two, Three, Four Cake

1 cup milk or water.
3 cups flour.
1 very scant cup butter.
Little pinch of salt.

2 cups sugar.
4 eggs.
1 teaspoon baking powder flavor to taste.

MRS. T. H. LILES.

Simple Butter Cake

$\frac{1}{2}$ cup butter.
2 cups sugar.
4 egg yolks.
1 cup milk.

3 cups flour.
4 tablespoonsful baking powder.
4 egg whites.
1 teaspoon flavoring.
 $\frac{1}{2}$ teaspoon salt.

Cream butter, add sugar and yolks of eggs well beaten. Add flour, baking powder and salt, alternating with the milk. Add flavoring; then the whites of eggs, beaten stiff or folded in. Bake in loaf forty minutes, or in three layers twenty minutes.

MRS. J. E. SAWYER.

Sea Foam Filling

Four cups brown sugar, two cups water. Cook till it will harden when dropped in cold water. Have ready the whites of two eggs, beaten to a froth. Pour this over eggs and beat till thick and creamy.

MISS JANIE HARRINGTON.

Queen's Cake

Beat well together one cupful of butter and three cupsful of white sugar; add the yolks of six eggs and one cupful of milk, two teaspoonsfuls of vanilla or lemon extract. Mix all thoroughly. To four cupfuls of flour add two heaping teaspoonsfuls of cream of tartar, and sift gently over the cake, stirring all the time. To this add one even teaspoonful of soda dissolved in one tablespoonful of warm water; mix it well; stir in gently the whites of six eggs beaten to a stiff foam. Bake slowly. It should be put in the oven as soon as possible after putting in the soda and whites of eggs.

MRS. J. E. SAWYER.

Desserts can be made in a short time with KNOX GELATINE

Devil's Food Cake

One scant cup sugar, one heaping cup flour, one-half cup cocoa, three teaspoons baking powder; sift all together three times; one-third cup melted butter, one egg not beaten; put egg in cup with butter; fill cup with sweet milk; add to sifted mixture, and flavor with vanilla. Bake in layers, using any desired frosting.

MRS. C. A. WALLIN.

Chocolate Cake

1 cup butter.	2 cups sugar.
4 eggs.	4 level cups flour.
2 heaping teaspoons baking powder.	1 tablespoon mixed spice.
$\frac{1}{2}$ cup cocoa or cake of chocolate.	1 tablespoon cinnamon.
	2 cups milk.

Cream butter, then add other ingredients slowly; stir briskly as you add each. Bake in four layers and use following filling:
 $\frac{1}{2}$ cake chocolate (small). 1 tablespoon butter.
 $\frac{1}{2}$ cup milk. 1 cup brown sugar.

Boil five minutes and add confectioners' sugar to consistency of jelly.

MRS. R. E. PRINCE.

Coffee Cakes

1 cup brown sugar.	2 eggs.
$\frac{1}{3}$ cup butter.	1 pint flour.
2 level teaspoons baking powder.	1 tablespoon cinnamon.
1 tablespoon spice.	1 teaspoon vanilla.
$\frac{1}{2}$ pound dates.	$\frac{1}{2}$ pound raisins (seedless).
	1 cup nuts.

To flour add cinnamon, spice, baking powder; then cut in the butter as for bread. Add raisins, dates and nuts to these. Stir eggs and sugar and vanilla, and pour into flour and make into round cakes with the hand, leaving hole in center. Make filling of cup of brown sugar and tablespoon of butter. Cook until creamy, beat, and carelessly coat the top of each, having a rough appearance.

MRS. R. E. PRINCE.

Coffee Cake

1 cup brown sugar.	$\frac{1}{4}$ cup shortening.
1 egg.	1 cup sweet milk.
3 cups flour.	1 cup raisins
	Vanilla, Bee Brand.

Cream shortening and sugar, add beaten egg, add milk and flour alternately, sift baking powder with flour, pour into well-greased pan, sift cinnamon and brown sugar over top, dot with butter. Bake forty minutes.

MRS. C. E. GLENN.

A KNOX GELATINE Dessert or Salad is attractive and appetizing

Devil Cake

Melt one-fourth pound chocolate in a double boiler, add to this the yolks of four eggs beaten with one cup of milk. Stir carefully until the mixture forms a soft paste, remove from fire and add four tablespoons butter, two cups sugar and one teaspoon salt. Dissolve two level teaspoons soda in a little warm water and add to one cup of sweet milk. Add this to the chocolate mixture alternately with three cups sifted flour, stirring and beating until batter is well mixed and smooth.

White frosting: Four egg whites, one and one-half cups water, four cups granulated sugar, vanilla. Boil sugar and water until it forms a soft ball when tried in water. Pour this on stiffly beaten whites, beat until rather stiff, and add vanilla.

MRS. J. T. MOYE.

Chocolate Layer Cake

$\frac{1}{2}$ cup butter.	2 teaspoons baking powder.
$1\frac{1}{2}$ cups sugar.	1 teaspoon vanilla.
$\frac{3}{4}$ cup milk.	3 eggs.
	2 cups flour.

Cream butter and sugar, add well-beaten egg yolks, add flour in which baking powder has been sifted; also milk; stir in vanilla; fold in stiffly beaten egg whites. Bake in three layers, in a quick oven.

MRS. EDWARD E. CRANE.

Plain Cake

5 eggs.	$2\frac{1}{2}$ cups sugar.
1 cup sweet milk.	4 cups of flour.
1 cup butter.	1 teaspoonful baking powder.

Flavor with pineapple, vanilla or lemon.

MRS. CHARLES H. YOUNGER.

Sponge Cake

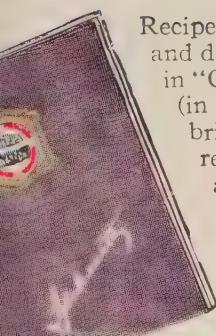
Two eggs, separate eggs, pinch of salt in each; beat yolks until thick and lemon-like; beat whites until stiff and dry; take one cup of granulated sugar, add gradually to beaten yolks and beat well; add one-half cup boiling water very slowly; beat well; one cup Swan's Down flour, sifted three times, and two full teaspoons Rumford baking powder added before sifting the last time. Beat thoroughly, add beaten whites, and beat again. If using large cup, take three eggs. Grease and flour tin with pipe in the center, and bake forty-five minutes in a slow oven.

MRS. H. E. GEORGE.



When you make cake

Recipes for many tempting and delicious cakes are given in "Cake Secrets". A dime (in coin or stamps) will bring you this famous recipe book about which a woman recently wrote us: "I wouldn't sell mine for a dollar if I knew I couldn't get another copy."



NOTHING gives such wonderful results in home made cake as Swans Down Cake Flour! Try it in any good recipe. You can have lighter, whiter, finer, better cake—pie crust—pastry, just as you long to have it.

Swans Down costs only a few cents for each cake made and yet it saves all the costly waste of cake disappointments.

Swans Down has been the grocers' choice for 29 years.

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Nature's Laxative Food

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YOUR GROCER CAN SUPPLY YOU

Try This Cake Recipe

DELICIOUS SWANS DOWN CAKE

$\frac{1}{2}$ cupful butter, or substitute
1 cupful sugar
 $\frac{2}{3}$ cupful milk
2 cupfuls SWANS DOWN CAKE FLOUR

3 teaspoonfuls baking powder
 $\frac{1}{4}$ teaspoonful salt
1 teaspoonful vanilla
3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350 - 400 ° F.). Thick layer and cakes baked in a loaf require a moderate oven (325 - 375 ° F.) while sponge cakes and angel cakes require a slow oven (250 - 300 ° F.). Fruit cakes require even a slower oven (200 - 250 ° F.).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

Angel Cake

Whites of 8 eggs.	1 teaspoon cream of tartar.
1 cup sugar.	$\frac{3}{4}$ cup flour.
$\frac{1}{4}$ teaspoon salt.	$\frac{3}{4}$ teaspoon vanilla, Bee Brand.

Beat whites of eggs until frothy, add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually; fold in flour mixed with salt and sifted four times, and add vanilla. Bake forty to fifty minutes in an unbuttered angel cake pan. After cake has risen and begins to brown, cover with a buttered paper.

MRS. T. T. WELLONS.

Eggless Cake

1 cup sugar.	1 cup milk.
2 tablespoons butter.	2 cups self-rising flour.
	1 teaspoon flavoring, Bee Brand.

Mix well and bake in a moderate oven.

MRS. U. B. ALEXANDER.

Plain Cake

$\frac{1}{2}$ cup butter.	1 $\frac{1}{2}$ cups sugar.
Yolk 3 eggs.	Whites 3 eggs.
$\frac{3}{4}$ cup water.	2 cups flour.
	2 teaspoons baking powder.

Cream butter and sugar, add yolks of eggs well beaten; then add water and flour alternately. Sift flour and baking powder twice; lastly, add beaten whites of eggs. Flavor with vanilla or lemon.

MRS. P. B. MAGRUDER.

Cream Cake

3 cups pastry flour.	3 level teaspoons baking powder.
$\frac{1}{2}$ cup butter or other shortening.	1 $\frac{1}{4}$ cups granulated sugar.
Yolk of 3 eggs.	$\frac{3}{4}$ cup of milk.
1 teaspoon orange extract.	Whites of 3 eggs.

Sift flour once, then measure, add baking powder and sift three times, cream butter and sugar, add well beaten yolks, then flour and milk alternately, then extract; beat long and hard and fold in lightly the well beaten whites. Bake in layers in moderately slow oven. Put together with cream cake filling.

CREAM CAKE FILLING

1 egg white.	2 cups confectioners sugar.
1 $\frac{1}{2}$ tablespoons of whipping cream.	$\frac{1}{4}$ teaspoon lemon or other extract.

Put egg and extract into bowl. Gradually add sugar, beating long and hard. This makes a very delicious cake.

MRS. H. BLAIR STEVICK.

KNOX GELATINE is measured ready for use—two envelopes in each package

Chocolate Cake

1 cup brown sugar.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cake chocolate.	1 egg yolk.
Cook until thickens, then set aside to cool.	
$\frac{3}{4}$ cup butter.	1 cup brown sugar.
4 eggs.	3 cups flour.
$\frac{1}{2}$ cup milk.	1 teaspoon soda.
Vanilla.	

Cream butter, add sugar. Beat eggs and add to butter and sugar; then add flour and milk alternately; then add chocolate mixture; add vanilla, and lastly add soda dissolved in little warm water.

MRS. J. E. SAWYER.

Plain Cake

$\frac{1}{4}$ cup shortening.	1 cup sugar.
1 egg.	1 teaspoon vanilla, Bee Brand.
1 cup milk.	2 cups flour.
3 teaspoons baking powder.	$\frac{1}{2}$ teaspoon salt.

Cream shortening; add sugar slowly; add well-beaten egg and flavoring; sift together flour, baking powder and salt; add to mixture a little at a time, alternately with milk. Bake in greased loaf, layer or patty-pans in moderate oven. May also be used hot for cottage pudding.

MRS. W. H. HARRIS.

Angel Cake

The whites of eleven eggs, one and one-half cupfuls of granulated sugar, one cupful of pastry flour, measured after being sifted four times; one teaspoonful cream of tartar, one of vanilla extract. Sift the flour and cream of tartar together. Beat the whites to a stiff froth, beat the sugar into the eggs and add the seasoning and flour, stirring quickly and lightly. Beat until ready to put the mixture into the oven. Use a pan that has little legs at the top corners, so that when the pan is turned upside down after baking, a current of air will pass under and over it. Bake for forty minutes in a moderate oven. Do not grease the pan.

MISS JANIE HARRINGTON.

Fudge Filling

2 cups sugar.	2 cups rich milk.
4 squares chocolate.	4 tablespoons butter.
1 teaspoon vanilla.	

Mix all ingredients and let stand on back of range until mixture liquefies. Boil until a soft ball is formed. Beat until creamy. Spread between cakes.

MRS. J. E. SAWYER.

KNOX GELATINE is economical—one package makes FOUR PINTS of jelly

Devil's Food Cake

2 cups sugar	1 cup butter
$\frac{3}{4}$ cup cocoa	1 cup sweet milk
	2 $\frac{1}{2}$ cups flour

Boil together one cup sugar, three-fourths cup cocoa, one-half cup milk, till thick, then cool. Mix with other ingredients using one rounding teaspoonful of soda and five eggs keeping two whites for filling. Flavor with vanilla.

FILLING

1 $\frac{3}{4}$ cups sugar.	1 cup water.
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Cook until you can blow a large bubble, add slowly to the whites, well beaten. Beat until thick enough to spread, flavor with vanilla.

MRS. D. N. CAVENESS.

Plain Cake

Eight eggs, two cups of sugar, beat until light. Then add a wine glass of cold water; then one cup of Horsford's yeast powder flour and two cups of plain flour; beat up well three-fourths pound of butter and add just before setting in the oven. Flavor to suit the taste.

MRS. W. N. SNELLING.

Spice Cake

Four eggs, leaving out the whites of two eggs, two cups brown sugar, one cup of butter, one of milk, one teaspoon of soda, three cups flour, two tablespoons cinnamon, one teaspoon nutmeg, one of cloves. For icing, whites of two eggs, two cups sugar.

MRS. W. N. SNELLING.

Chocolate Icing

4 squares unsweetened chocolate.	1 $\frac{1}{2}$ cups milk.
1 $\frac{1}{2}$ cup confectioners sugar.	1 teaspoon vanilla.

Melt chocolate in milk, stirring until thick, add sugar and cook until thick, cool, flavor and spread between layers and on top of cake.

MRS. EDWARD E. CRANE.

Crumble Tart

1 cup sugar.	1 teaspoon baking powder.
1 cup nut meats.	1 tablespoon flour.
2 eggs.	1 cup chopped dates.

Beat eggs first, then mix all together. Bake slowly in loaf tin, about forty minutes. Serve with whipped cream.

MRS. C. K. PROCTOR.

Marble Cake

WHITE PART

3 tablespoons butter.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ teaspoon lemon extract.	$\frac{1}{2}$ cup milk.
1 cup flour.	2 teaspoons baking powder.
White of 1 egg.	$\frac{1}{4}$ teaspoon salt.

Cream shortening; add sugar, flavoring and milk, beat well and add flour sifted; mix in beaten white of egg.

DARK PART

3 tablespoons butter.	$\frac{1}{2}$ cup sugar.
Yolk of 1 egg.	$\frac{1}{2}$ cup milk.
1 cup flour.	2 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ teaspoon each allspice, nutmeg and
2 tablespoons cocoa.	cinnamon.

Cream butter, add sugar and egg and mix well, add milk, then flour, baking powder, salt, spices and cocoa, which have been sifted together. Place batter by spoonfuls alternately in greased loaf pan, but do not mix.

MRS. A. D. SAVAGE.

Cocoanut Layer Cake

$\frac{1}{2}$ to $\frac{3}{4}$ cup butter.	$\frac{3}{4}$ cup cocoanut milk.
1 cup granulated sugar.	2 cups flour.
3 eggs.	2 level teaspoons baking powder.

Mix sugar and butter, creaming until light; add well beaten egg yolks then milk and flour, then fold in whites well beaten and rest of flour and beat until light and smooth. Pour in layer cake tins and bake in a moderate oven about twenty-five minutes.

FILLING FOR ABOVE

Boil one cup sugar and one-third cup of water until a drop hardens in cold water. Remove from fire, have white of an egg beaten stiff, then add syrup a few drops at a time beating constantly. Spread between layers and on top, sprinkle with cocoanut.

MRS. A. D. SAVAGE.

Mocha Filling and Frosting

6 tablespoons butter.	4 tablespoons dry cocoa.
2 cups confectioner's sugar.	3 tablespoons liquid coffee.
1 teaspoon vanilla extract, Bee Brand.	

Beat the butter to a cream, adding one cup of the sugar, then sift and add the cocoa. Beat well, put in the coffee and remaining sugar and the vanilla. Spread between and on the top layers of cake.

MISS RUTH DEW.

KNOX GELATINE is the one dessert for all appetites

Fruit Cake

2 pounds raisins.	2 pounds currants.
1 pound brown sugar.	3/8 pound citron.
4 level teaspoons baking powder.	1/4 pound butter.
3 eggs.	1/2 cup molasses.
1 cup milk.	4 cups flour.
1/2 nutmeg grated, Bee Brand.	1/2 teaspoon allspice, Bee Brand.

Cream butter, sugar and eggs, add molasses and milk and two cups of flour. Mix fruit with one cup of flour and add spices and flavoring. Lastly add cup of flour well sifted with baking powder. Bake in slow oven. MRS. M. D. STROTHER.

Sponge Cake

6 egg yolks.	1 cup sugar.
1 tablespoon lemon juice.	1/4 teaspoon salt.
Grated rind 1/2 lemon.	2 level teaspoons baking powder.
Whites 6 eggs.	1 cup flour.

Beat yolks until thick and lemon colored. Add sugar, gradually and continue beating, using egg beater. Add lemon juice, rind and whites of eggs beaten until stiff and dry. Partially mix yolks with mixture, remove beater. Carefully cut and fold in flour and salt which has been sifted twice. Bake one hour in slow oven in angel cake pan. MRS. M. D. STROTHER.

Molasses Cake

1 cup butter.	1 cup sugar.
1 cup sour milk.	1 cup molasses.
3 cups flour.	1/2 cup meal.
1 teaspoon soda.	1 teaspoon cinnamon.
1 teaspoon ginger.	3 eggs.

Beat the eggs separately, dissolve the soda in milk. Add spices to flour and meal, run through seive. Cream the butter and sugar, add the beaten yolks, stir in the molasses, the milk, then the flour and spices. Lastly the beaten whites. Bake in pound cake pans or in layers. MISS NELLIE STEIN.

Plain Cup Cake

Five eggs, two cups sugar, two-thirds cup butter, one cup sweet milk, four cups flour, two teaspoons baking powder, flavor to taste. MISS JANIE HARRINGTON.

Caramel Filling

Two cups brown sugar, one cup sweet milk, butter the size of a walnut. Cook till it will hair, take up and beat till thick and creamy, then spread on cake. MISS JANIE HARRINGTON.

See that the name KNOX is on each package of Gelatine you buy

Sea Foam Icing

Two and one-half cups light brown sugar, whites of two eggs and water enough to boil sugar until it threads a long thread from spoon or until it is very hard in cold water. Stir in beaten whites until like putty then flavor with maple.

MRS. J. T. MOYE.

Lemon Filling

Two eggs, two cups sugar, and the juice of two lemons. Cook till the consistency of jelly, stirring constantly to keep from burning.

MISS JANIE HARRINGTON.

Plain Cake

3 eggs.
1½ cups sugar.
2½ cups flour.

½ cup sweet milk.
½ cup butter.
1 teaspoon baking powder.

MRS. J. E. RUDY.

Angel Food Cake

1 cupful (running over) egg whites.	9 to 11 eggs.
1 level teaspoonful cream of tartar.	1½ cupfuls fine granulated sugar,
1 cupful Igleheart's Swans Down cake flour, sifted five times before measuring.	(sifted).
	¼ teaspoonful salt.
	1 teaspoonful vanilla extract.
	¼ teaspoonful rose or almond extract.

Pour the egg whites on a large platter, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff but not dry. Fold in the sugar, one tablespoonful at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour into an ungreased patent tin and bake in a very slow oven fifty to sixty minutes, increasing heat slightly when cake is almost done.

MISS MARY D. GEORGE.

Gold Cake

This may be made from the yolks of the eggs used in the angel food.

Yolk of eight eggs, one and one-fourth cups of sugar, three-fourths cup butter, three-fourths cup of water, two and one-half cups of flour, two heaping teaspoons of Rumford baking powder. Sift flour once, then measure it and add baking powder and sift three more times. Cream sugar and butter, beat the yolks to a stiff froth and add to the butter and sugar. Stir thoroughly, add water and flour. Beat hard and bake in a stem pan about forty minutes.

MRS. H. E. GEORGE.

Free cook book offer in each package of Knox Gelatine

Marble Cake

Make plain cake, save one-third of batter and add to it one and one-half squares melted unsweetened chocolate. Drop by spoonfuls into white batter after putting in pan. Bake in moderate oven about forty-five minutes. MRS. W. H. HARRIS.

Lemon Cake

1 cup butter.	1 cup milk.
2 cups sugar.	3 cups flour.
3 teaspoons baking powder.	Whites of 6 eggs.

Beat the butter and sugar to a cream; add the milk, then the flour, and baking powders sifted together; fold in the stiffly beaten whites of the eggs, bake in layer cake pans, and put together with lemon filling.

LEMON FILLING

1 lemon all grated.	1 cup sugar.
Yolks of 6 eggs.	Butter size of an egg.

Cook until thick, stir while cooking, put on cold.

MRS. T. T. WELLONS.

Cream Cake Filling

One-half pint milk put on to boil, two teaspoons corn starch dissolved in a little milk, one-half cup sugar, one egg, one tablespoon butter, add to milk. Cook until it thickens, one teaspoon vanilla. Spread between layers of cake.

MISS MARY D. GEORGE.

Chocolate Layer Cake

½ cup butter.	1½ cups sugar.
3 eggs.	2 cups flour.
2 teaspoons baking powder.	¾ cup milk.
	1 teaspoon vanilla.

ICING

1 cup grated chocolate melted- over hot water.	Beat yolks of 2 eggs. ½ cup milk. 1½ cups sugar.
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Boil seven minutes, add chocolate, stir well, spread between and over cake.

MRS. J. E. RUDY.

Icing For Cocoanut Cake

3 cups sugar.	2 cups water.
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Boil until it threads, pour over beaten whites of two eggs, flavor with juice of one lemon.

MISS NELLIE STEIN.

KNOX GELATINE comes in two packages—PLAIN and ACIDULATED (Lemon Flavor)

Favorite Cake

1 cup butter.	2½ cups sugar.
5 cups flour.	4 eggs.
3 teaspoons cream of tartar.	1½ teaspoons soda.
1 cup sweet milk.	Flavor with Bee Brand vanilla.

Bake one-half of this mixture in two layers and to the remaining batter add two tablespoonsful cocoa which has been mixed with two tablespoons boiling water. Season this with cinnamon and nutmeg and bake in two layers.

FILLING FOR FAVORITE CAKE

2 tablespoonsful butter.	2 cups confectioner's sugar, (sifted well).
3 tablespoonsful milk.	
2 tablespoonsful cocoa.	3 tablespoonsful strong coffee.

1 teaspoonful vanilla, Bee Brand.

Cream butter, add sugar and cocoa very slowly, also adding milk and coffee alternately, add vanilla and beat until light. Spread on cake.

MRS. T. T. WELLONS.

Devil's Food Cake

½ cup butter or substitute.	2 eggs.
1 cup dark brown sugar.	3 cups Swans Down cake flour.
1 cup light brown sugar.	¼ teaspoon salt.
½ cup sour milk.	1 teaspoon soda.
½ cup boiling water.	1½ squares chocolate, melted (or ½ cup cocoa).
1 teaspoon vanilla, Bee Brand.	

Cream butter, add one cup sugar gradually, creaming mixture thoroughly. Beat eggs until light, add the other cup of sugar to the eggs, mixing well. Add this egg mixture to the creamed butter and sugar and beat hard. Sift flour once, measure, add salt and sift three times, then add to the first mixture alternating with the sour milk, beating batter hard after each addition of flour and milk. Into the boiling water stir the soda and the melted chocolate or cocoa, and beat into the cake mixture. Add vanilla. Bake in three layers in a moderate oven. Spread a white icing between the layers and on top and sides of cake.

MISS RUTH WEATHERLY.

Chocolate Icing

3 cups sugar.	1½ cups milk.
Pinch of salt.	Butter the size of a walnut.
1 cup cocoa or grated chocolate.	½ cup flour mixed and dissolved in hot milk or water.

Boil all together until a drop will form a hard ball when tested in cold water. One teaspoon of any flavoring and nuts if desired may be added. Put between layers and on top.

MRS. U. B. ALEXANDER.

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COOKIES AND DOUGHNUTS

Molasses Gingerbread

1 cup molasses.	1 cup sugar.
$\frac{1}{2}$ cup shortening.	1 cup water.
1 teaspoon ginger, Bee Brand.	1 teaspoon soda dissolved in water.
$\frac{1}{2}$ teaspoon cinnamon, Bee Brand.	4 cups flour.

Stir molasses, sugar, shortening and spices together thoroughly, then add water and flour; stir hard, bake in greased pan.

MRS. U. B. ALEXANDER.

Hermits

1 cup sugar.	1 teaspoon Bee Brand allspice.
$\frac{2}{3}$ cup lard.	1 teaspoon Bee Brand cinnamon.
2 eggs.	1 cup currants or raisins.
2 cups flour.	2 teaspoons baking powder.

Cream butter and sugar, add eggs well beaten, add dry ingredients sifted together, then currants or raisins. Bake as drop cakes or in muffin rings.

MRS. C. E. GLENN.

Walnut Cakes

1 cup walnut meats (finely cut)	2 cups sugar.
3 eggs.	6 tablespoons flour.

Beat eggs thoroughly, add sugar, flour and nuts. Drop by spoonfuls on buttered tin. Bake in hot oven.

MRS. C. E. GLENN.

Tea Cakes

3 pints flour.	3 heaping teaspoons baking powder.
2 cups sugar.	3 eggs beaten together.
$\frac{1}{4}$ cup of milk.	1 large cup of butter or lard melted.
1 teaspoon Bee Brand vanilla and lemon.	$\frac{1}{4}$ teaspoon Bee Brand cinnamon.

Roll thin, cut, sprinkle sugar and cinnamon, hot oven, cook quick.

MRS. J. B. MARTIN.

Cookies

$\frac{1}{2}$ pound butter.	$\frac{3}{4}$ pounds sugar.
3 eggs beaten lightly.	2 teaspoons Rumford baking powder.
5 cups of flour.	Juice and grating of 1 lemon.

Save out a bit of the egg and brush over tops of cookies and sprinkle with sugar.

MRS. T. T. WELLONS.

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Doughnuts

3 eggs.

1 cup sugar.

3 cups sifted flour.

3 teaspoons baking powder.

Flavor with Bee Brand nutmeg or cinnamon. Knead into stiff dough, roll out, cut and fry in hot grease.

MRS. T. J. HERRING.

Tea Cakes

4 eggs.

2 cups sugar.

½ cup butter or lard.

1 quart flour.

Work well together and roll out and cut, bake in a moderate oven.

MRS. CHARLES H. YOUNGER.

Knox Sparkling Gelatine makes dainty desserts for dainty people

Oatmeal Drop Cookies

1 cup granulated sugar.	1/3 teaspoon salt.
1/2 cup shortening (lard or butter).	1/2 teaspoon soda.
1 egg.	2 cups flour.
1/2 cup raisins (chopped).	2 teaspoons baking powder.
1 cup rolled oats.	1/2 teaspoon Bee Brand cinnamon.

Sift baking powder, soda, salt and cinnamon with flour, add shortening, egg, milk, and rolled oats. Drop on buttered pans with teaspoon, then wet fingers and flatten down.

MRS. P. B. MAGRUDER.

Ginger Snaps

7 pounds of flour.	2 ounces cinnamon.
1/2 gallon molasses.	2 ounces spices.
3/4 pound lard.	1 ounce cloves.
1 cup of ground ginger.	1/2 cup soda.
	1 1/2 pounds of brown sugar.

Mix flour with all dry ingredients. Then work in lard, molasses and fill cup of soda with boiling water and work into a dough and pack in jar or large bowl and will keep for weeks and you can cook them any time. MRS. FRED ALLEN.

Oatmeal Cookies

1 1/2 cups sugar.	3/4 cup butter.
2 1/2 cups oatmeal	2 cups flour.
3/4 cup milk.	1 cup raisins.
3 eggs.	1 teaspoon Bee Brand cinnamon.
3/4 teaspoon soda.	1 1/2 teaspoon Rumford baking powder.

Cream butter and sugar, add eggs well beaten, then add the milk, flour, oatmeal, soda and baking powder and then the cinnamon. Beat well, roll on floured board and cut with biscuit cutter, place in greased pan and bake in quick oven.

MISS RUTH WEATHERLY.

Tea Cakes

1/2 cup butter.	1/2 cup lard.
1 cup sugar.	2 eggs.
1 teaspoonful baking powder.	1/2 teaspoonful soda.
3 tablespoons buttermilk.	(Enough flour to work together and roll, about one quart.)

Cream butter, lard and sugar, then add eggs, mix baking powder, soda and milk, then work together. Bake in greased pan.

MISS RUTH RIGGAN.

Give the growing children Knox Sparkling Gelatine

Soft Gingerbread

1 cup molasses.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup milk.
2 eggs.	1 tablespoon ginger, Bee Brand.
1 teaspoon allspice, Bee Brand.	2 cups flour.
	$1\frac{1}{2}$ teaspoons baking powder.

Bake in shallow pans in moderate oven.

MRS. A. D. SAVAGE.

Spice Cakes

3 tablespoons shortening.	4 tablespoons sugar.
$\frac{3}{4}$ cup corn syrup or molasses.	1 egg.
$\frac{1}{2}$ cup milk.	2 cups flour.
3 teaspoons baking powder.	$\frac{1}{4}$ teaspoon salt.
1 teaspoon cinnamon, Bee Brand.	$\frac{1}{4}$ teaspoon spice.
$\frac{1}{4}$ teaspoon nutmeg, Bee Brand.	$\frac{1}{4}$ teaspoon cloves.
	$\frac{1}{2}$ cup chopped raisins.

These little individual spice cakes, baked in muffin tins are very good.

MISS RUTH WEATHERLY.

Doughnuts (Sour Milk)

2 eggs.	1 quart flour.
1 cup sugar.	1 cup sour milk or cream.
1 teaspoon soda.	1 teaspoon salt.
1 tablespoon melted butter.	Season to taste, using Bee Brand
$\frac{1}{2}$ teaspoon Bee Brand cinnamon	vanilla or nutmeg.

Put the flour, cinnamon, baking powder, and sugar into a bowl. Dissolve the soda in one tablespoonful of hot water. Add to the sour milk and then add the melted lard. Beat the eggs until light and add to the milk. Add the wet ingredients to the dry. Roll out to one-fourth inch thickness, cut, and fry in deep fat. Do not put in more than five doughnuts at a time or the fat will be cooled too greatly. Let the fat re-heat between fryings. Turn the doughnuts while frying; drain on plain paper. Makes three dozen doughnuts.

Sweet milk may be used in place of sour milk by using two teaspoons baking powder in place of soda.

MISS RUTH WEATHERLY.

Doughnuts

2 cups flour.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ teaspoon Bee Brand cinnamon.
$\frac{1}{2}$ cup milk.	1 egg.

About 3 tablespoons butter.

Beat egg, add sugar, butter and milk, then flour sifted with baking powder and salt. Make the dough as soft as can be handled. Take a small portion, roll out one-half inch thick, fry in deep hot fat.

MRS. T. T. WELLONS.

Knox Sparkling Gelatine improves Soups and Gravies

Ginger Bread

3 eggs.	1 cup sugar.
1 cup molasses.	1 cup butter.
3 cups flour.	1 cup sour milk.
2 teaspoons ginger.	2 teaspoons cinnamon.
1 teaspoon cloves.	2 teaspoons soda.

Bake in moderate oven.

MISS JANIE HARRINGTON.

Wonders

1 egg.	$\frac{1}{4}$ teaspoon salt.
	About $\frac{3}{4}$ cup flour.

Beat the egg, add salt and enough flour to make a stiff dough, about three-fourths cup will usually be sufficient. Roll out on a floured board till as thin as a wafer and cut with a large round cutter. Drop separately into hot fat, fry golden brown, drain well and dust with powdered sugar. Sugar may be omitted when served hot with butter.

MISS RUTH DEW.

Doughnuts

$\frac{1}{4}$ cup shortening.	2/3 cup sugar.
2 eggs.	$\frac{1}{4}$ cup milk.
3 $\frac{1}{2}$ cups flour.	2 $\frac{1}{2}$ teaspoons baking powder.
1 teaspoon cinnamon.	$\frac{1}{4}$ teaspoon nutmeg.
	1 teaspoon salt.

MISS MILDRED H. SMITH.

Cookies

1 pound sugar.	$\frac{1}{2}$ pound lard.
3 eggs.	$\frac{1}{2}$ teaspoon lemon extract.

Empty in bowl and mix, add one teaspoon soda, one-fourth pint sweet, sour or butter milk, stir, add two pounds flour, mix well, roll, cut, and brush with milk and eggs mixed, then dip in cocoanut, and bake. To keep dough for any length of time, wet paper and cover dough. Set in ice box.

MRS. EDWARD E. CRANE.

Sugar Cookies

$\frac{1}{2}$ cup butter.	1 cup sugar.
2 eggs.	2 cups flour.
2 teaspoons baking powder.	$\frac{1}{4}$ teaspoon salt.
1 tablespoon milk.	1 teaspoon lemon or vanilla, Bee Brand.

Cream butter and sugar, add well beaten eggs, sift flour, baking powder and salt together and add to mixture milk and flavoring. If dough is not stiff enough to roll add more flour, turn out on floured board and roll thin, cut in fancy shapes. Bake in moderate oven.

MISS S. M. SWAN.

MUFFINS AND WAFFLES

Corn-Meal Muffins

1 cup corn meal.	1 cup flour.
1 teaspoon salt.	1 tablespoon sugar.
$\frac{1}{2}$ teaspoon soda.	$1\frac{1}{2}$ cups milk.
	2 tablespoons melted butter.

Sift the meal, flour, salt and sugar. Stir soda in milk, then add the dry ingredients, then the melted butter. Beat well and bake in oiled muffin tins twenty-five or thirty minutes.

MISS JEANETTE CROWDER.

Corn-Meal Muffins

$\frac{1}{2}$ cup corn meal	1 tablespoon melted butter.
1 cup flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	$\frac{3}{4}$ cup milk (sweet).
1 tablespoon sugar.	1 egg.

Mix and sift dry ingredients, add the milk gradually, then the egg well beaten, and the melted butter. Bake in a hot oven in buttered gem pans for twenty-five minutes.

MISS RUTH WEATHERLY.

Muffins

1 cup flour.	1 cup meal.
1 cup milk.	2 teaspoons baking powder.
$\frac{1}{2}$ teaspoon salt.	2 eggs.
1 tablespoon shortening.	1 tablespoon brown sugar.

Mix and beat well. Drop small piece of shortening in each ring and get very hot. Pour into rings and bake in quick oven.

MRS. R. E. PRINCE.

Waffles

1 cup flour.	2 teaspoons baking powder.
$\frac{1}{2}$ teaspoon salt.	2 tablespoons melted butter.
1 pint milk.	2 eggs.

Sift together the flour, salt and baking powder, add the yolks of the eggs and milk, beating well so as to make a smooth batter. Stir in the melted butter and at the last moment put in the stiffly beaten whites of the eggs. Bake in hot, well greased waffle irons, turning the cakes just as soon as possible after the batter is put in all the compartments.

MRS. T. T. WELLONS.

Griddle Cakes

Two cups wheat flour, one egg, put in flour, pinch of salt, good teaspoon of butter or lard, one teaspoon sugar, stir all together, add one cup sweet milk or water. Beat well, last of all add one heaping teaspoon of baking powder. Stir in good and bake on hot griddle. Serves six persons.

MRS. H. E. GEORGE.

Waffles

1 pint of milk.	2 eggs.
2 tablespoons butter.	1 teaspoon cream of tartar.
$\frac{1}{2}$ teaspoon soda.	$\frac{1}{2}$ pints of flour (scant).
	$\frac{1}{2}$ teaspoon salt.

Beat eggs very lightly, add milk and butter, which has been dissolved in two tablespoons of boiling water. Stir in flour with soda and cream of tartar.

MRS. A. D. SAVAGE.

Rice Muffins

1 cup boiled rice.	1 teaspoon baking powder.
1 cup milk.	2 teaspoons butter.
1 cup flour.	2 eggs.

Melt butter, add to milk, add beaten yolks of eggs to rice and mix this with flour, add milk gradually, beating until light and smooth. Add baking powder and pinch of salt to batter and fold in whites of eggs beaten stiff. Bake in hot greased muffin rings.

MRS. U. B. ALEXANDER.

Muffins (Plain Egg)

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	1 egg.
4 tablespoons sugar.	4 tablespoons melted butter.
	$\frac{3}{4}$ cup milk

Mix and sift the dry ingredients, separate the egg, beat the yolk slightly and the white to a stiff froth. Add the milk, beaten yolk and melted butter to the dry ingredients. Fold in the stiffly beaten white. Bake in buttered muffin pans twenty-five minutes.

MISS RUTH WEATHERLY.

Cream Muffins

1 $\frac{1}{2}$ cups flour.	1/3 teaspoon salt.
3 teaspoons baking powder.	2 eggs.
$\frac{1}{4}$ cup melted shortening.	2/3 cup milk.

Beat eggs well, add milk, then dry ingredients (sifted). Lastly add melted shortening. Bake in well greased muffin rings in hot oven. Makes nine muffins.

MRS. C. E. GLENN.

The KNOX ACIDULATED package contains Lemon Flavoring

Waffles

3 eggs.	1 pint sifted flour.
1 pint sweet milk.	2 teaspoonsful baking powder.
$\frac{1}{4}$ pound melted butter.	Salt to taste.

Break eggs in bowl, beat light, put in small amount of flour with baking powder sifted in it. Then half of milk, next put in rest of flour and all of butter and last add balance of milk. This makes six large waffles and they are fine.

MRS. W. R. DORSETT.

Drop Dumplings

1 cup flour.	2 teaspoons baking powder.
	$\frac{1}{4}$ teaspoon salt.

Use enough water to make dough drop from spoon, put high on top of meat in pot. If too much broth pour out some. Boil twenty minutes without removing cover.

MISS MARY D. GEORGE.

One Egg Muffin

2 cups flour.	4 teaspoons baking powder.
$\frac{1}{2}$ teaspoon salt.	1 egg.
2 tablespoons sugar.	1 cup sweet milk.
	2 tablespoons butter

Mix and sift dry ingredients, add gradually milk, egg well beaten and melted butter. Bake in buttered muffin rings.

MRS. C. K. PROCTOR.

Sally Lunn

1 or 2 eggs.	3 tablespoons butter.
1 cup milk.	2 cups flour (or $2\frac{1}{4}$).
1 teaspoon sugar.	3 teaspoons baking powder.

Beat well, turn into greased pan and bake about twenty-five minutes in moderate oven.

MRS. U. B. ALEXANDER.

Waffles 1

2 cups flour.	1 teaspoon salt.
1 tablespoon sugar.	3 teaspoons baking powder.
3 tablespoons melted shortening.	$1\frac{1}{2}$ cups milk or milk and water mixed.
2 eggs.	

Sift flour, salt, sugar and baking powder together, add beaten eggs and milk gradually, mix well, add melted shortening. Bake on an evenly heated, well greased waffle iron. Serve with syrup, butter or honey.

This batter can be used for making hot cakes.

MRS. W. P. BETTS.

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FLORIST

Butter Cakes

2½ cups flour.

1 teaspoon salt.

4 teaspoons baking powder.

2 eggs.

3 tablespoons shortening.

1 cup sweet milk.

Sift flour, salt and baking powder together, rub shortening in with the finger tips, beat egg yolks and add milk, pour gradually on the flour. Mix to a soft dough, fold in stiffly beaten whites. Turn out on floured board. Roll out three-fourths of an inch thick, cut with biscuit cutter. Bake on a moderately hot, well greased griddle. After cakes have risen and browned on one side turn over and brown on the other. Or it may be dropped in small spoonfuls on the griddle and baked.

MRS. H. E. GEORGE.

Waffles 2

1½ cups flour.

½ cup cooked cereal.

1 teaspoon salt.

1 tablespoon sugar.

3 tablespoons melted shortening.

3 teaspoons baking powder.

1½ cups milk.

2 eggs.

Sift flour, baking powder, salt and sugar, beat eggs and cereal together, add to other ingredients. Mix in milk and melted shortening. Serve with butter and syrup.

MRS. W. P. BETTS.

Maryland Sally Lunn

2 tablespoons sugar.

¼ teaspoon salt.

1½ tablespoons butter.

2 teaspoons baking powder.

3 eggs.

2 cups flour.

1 cup sweet milk.

Bake about forty minutes.

MISS MILDRED H. SMITH.

All you add is water and sugar to the Knox Acidulated Package

PIE CRUST AND PIES

Lemon Custard

4 eggs. 2 cups sugar.
Grated rind and juice of 2 lemons. 1 tablespoon butter.

Enough for two custards.

MRS. C. D. LEAVISTER.

Sweet Potato Custard

Boil and mash fine about three large potatoes, make custard of three eggs, one and one-half cups sugar and butter about size of large egg, little salt and flour and flavoring. Mix all well and bake in bottom crust. You may use the yolks of one or two eggs in the pies and make meringue of the whites if desired.

MRS. U. B. ALEXANDER.

Lemon Custard

1½ cup sugar. 2 heaping tablespoons of flour.
Grated rind of 2 lemons. Yolks of 3 well beaten eggs.
Juice of lemons. 1 cup milk.
1 cup water. Butter size of walnut.

Cook in double boiler till real thick and spread on crust.

MRS. W. I. WELLONS.

Buttermilk Custard

1½ cups fresh buttermilk. 1 cup sugar.
1 teaspoon of melted butter. 1 tablespoon of flour.
1 egg.

Mix the flour in a little of the buttermilk. Bake in a quick oven on bottom crust. Flavor with nutmeg or any desired flavoring.

Plain Pastry

1 cup flour. $\frac{1}{4}$ teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt. Cold water.

Sift flour, baking powder and salt together. Cut in shortening with two knives, add enough water to hold together. Don't knead. Makes pastry for a small two-crust pie.

MRS. W. P. BETTS.

Pie Crust

Sift flour and a little salt together, rub in cold lard thoroughly and mix into a dough with a well beaten egg. Roll thin.

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Pie Crust

1 large cup flour. 2 good tablespoons shortening.
3 tablespoons cold water. Pinch salt.

Work flour, salt and shortening together with tips of fingers, add ice water little at a time, don't knead much. This makes a one-crust pie.

MRS. H. E. GEORGE.

Chess Custards

4 eggs. 1 cup sugar.
1 lemon. 1 tablespoon flour.
½ cup boiling water.

Beat yolk of eggs, add sugar and flour. Then lemon, lastly add boiling water, cook in double boiler and when thick add whites of eggs well beaten. Then pour in baked pie crust and return to the oven for a few minutes.

MISS RUTH WEATHERLY.

Pineapple Pie

1 large can pineapple. 3 eggs.
2 tablespoons butter. 1 cup sugar.
Juice of pineapple. 2 tablespoons cornstarch.

Mix juice of pineapple, yolks of eggs, sugar, butter and cornstarch in saucepan, and cook until thick, add pineapple, spread on pie crust and cook.

MERINGUE

Three eggs whites, six tablespoons sugar. Put on pies and brown. This will make two large pies. MISS BETTIE RUTH.

Pie Paste

3 cups flour. ¼ level teaspoon salt.
½ level teaspoon baking powder. ½ cup butter.
½ cup lard. Cold water.

Sift dry ingredients together thoroughly, work in lard. Mix into smooth paste, flour the board, roll thin, spread butter on evenly, fold in three; roll out thin again, fold in three, repeat twice more and use. MRS. H. BLAIR STEVICK.

Molasses Pie

1 cup molasses. Scant ½ cup sugar (brown preferred).
2 eggs. 1 tablespoon corn meal.
1 teaspoon vanilla. A pinch of cinnamon.
Butter size of hickory nut.

Beat eggs light, add molasses and sugar, melted butter and flavoring, mix well. Bake with one crust.

MRS. W. P. BETTS.

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Pineapple Pie

A grated pineapple.

Its weight in sugar.

Half its weight in butter.

1 cupful of cream.

5 eggs.

Beat the butter to a creamy froth, add the sugar and yolks of the eggs. Continue beating until very light, add the cream, the pineapples grated, and the whites of the eggs beaten to a stiff froth. Bake with an under crust. Eat cold.

MRS. J. E. SAWYER.

Raisin Pie

2 cups raisins.

2 cups cold water.

4 tablespoons cornstarch.

$\frac{1}{4}$ teaspoon salt.

2 tablespoons sugar.

2 tablespoons grated lemon rind.

Cover raisins with one cup of water and bring slowly to boiling point. Mix cornstarch, salt and sugar with remaining cup of water and add to boiling raisins, stirring constantly. Allow to boil ten minutes. Add lemon and cover with pastry. Bake in hot oven ten minutes. Then cook slowly until a good brown.

MRS. P. B. MAGRUDER.

Lemon Cream Pie

4 eggs.

2 heaping tablespoons flour.

1 cup sugar.

Grated rind and juice of 2 lemons.

1 $\frac{1}{2}$ cups boiling water.

Beat yolk and whites of eggs separately. To beaten yolks add sugar, flour, lemon juice and rind, and lastly boiling water. Cook in a double boiler and when it begins to thicken, add to it one-half of beaten whites. Stir this in thoroughly and let it cook until it is as thick as desired. Use the remainder of egg whites for the meringue on top of pie. After custard has cooled fill a baked shell of pie paste, pile meringue on top and bake in a very slow oven until meringue is brown.

MRS. H. BLAIR STEVICK.

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Lemon Pie

4 eggs. 1½ cups sugar.
2/3 cups water. 2 tablespoons flour.
1 lemon.

Beat yolks of eggs until very smooth. Add grated peeling of lemon and the sugar. Beat well, stir in flour and add lemon juice (use two lemons if small), add lastly the water. When baked, spread over pies the whites of the eggs beaten dry with four tablespoons of sugar. This recipe calls for two pies.

MRS. J. E. RUDY.

Pineapple Meringue Pie

Mix one-half cup sugar, one-eighth teaspoon salt, two tablespoons cornstarch and slowly add one and one-half cups hot milk. Cook in double boiler until thick. (About thirty minutes.) Pour into two egg yolks. Return to boiler and cook until egg thickens (three minutes). Cook and add one cup well drained crushed or grated pineapple, and half teaspoon vanilla. Pour into a baked crust and cover with a meringue made of two stiffly beaten egg whites and two tablespoons powdered sugar. Brown quickly in a hot oven.

MRS. W. L. NEVINS.

Lemon Pie

5 eggs. 2 cupfuls sugar.
1 cup water. 2 tablespoons flour.
2 lemons.

Beat yolks of three and two whole eggs until very light, add grated peel of one lemon and sugar, stir the flour in a little water, add it and the lemon juice, then the water, pour in pie pans lined with good paste. When baked, spread over them the whites beaten smooth with four tablespoons of pulverized sugar.

MRS. M. M. MURCHISON.

Lemon Pie

1 heaping tablespoon cornstarch. 1 cup sugar.
1 scant cup boiling water. 1 teaspoon butter.
Juice of 1 large lemon. 2 eggs.

Mix cornstarch with sugar, add boiling water and boil five minutes. Add butter, lemon juice and yolks of eggs well beaten. Bake in one crust. When done make a meringue of the eggs beaten until stiff, two tablespoons of powdered sugar and one-half tablespoon lemon juice, spread on top of pie and bake over a low flame fifteen minutes.

MRS. W. J. RICHARDSON.

**KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons**

Lemon Custard

5 eggs, separate whites.	1 cup sugar.
1 lemon (juice).	2 tablespoons butter.
2 tablespoons cornstarch.	1 cup water.

Mix ingredients and cook over slow fire or double boiler until thick custard. Beat the whites very stiff and fold one-fourth into the custard. Cook two crusts and then pour custard into them. Add two tablespoons sugar to remaining whites and spread over custard and brown in quick oven.

MRS. R. E. PRINCE.

Cream Pie

3 eggs.	1 cup sugar.
1½ cups flour.	1 tablespoonful sweet milk.
	1½ teaspoonfuls baking powder.

Beat together thoroughly and bake in round cake plates. When ready to use, split open and fill with cream.

For the cream take one pint milk, three-fourths cup sugar, two eggs, teaspoonful vanilla, three tablespoonfuls flour, pinch salt. When milk begins to boil add other ingredients which have previously been well mixed and boil slowly a few minutes, stirring constantly.

MRS. J. W. WEAVER.

Apple Pie

1½ cups flour.	1½ teaspoons Rumford Baking powder.
½ teaspoon salt.	
1/3 cup shortening.	Cold water.
4 apples, or 1 quart sliced apples.	4 tablespoons sugar.
	1 tablespoon butter.

Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar, and small pieces of butter; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together, trim off extra pastry; prick top, and bake in moderate oven thirty minutes.

MISS MABEL DAY.

Cocoanut Pies

Grate cocoanut and make a custard as for plain egg custard or omit part of milk and use cocoanut milk, adding a little more flour to thicken.

MRS. U. B. ALEXANDER.

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Orange Pie Filling

1 cup sugar.	1/3 cup flour.
1/4 teaspoon salt.	Grated rind of 1 Sunkist orange.
1 cup orange juice.	Juice 1/2 lemon.
2 tablespoons butter.	3 egg yolks.

Mix sugar, flour, salt and grated rind; add fruit juice, and cook in double boiler ten minutes, stirring until thickened, and afterwards, occasionally. Add butter and egg yolks beaten light; cook two minutes, and cool. Put in a crust that has been baked on the outside of a tin pie plate. Cover with eight-minute meringue and bake.

MISS RUTH DEW.

Pineapple Meringue Pie

Mix one-half cup sugar, teaspoon salt, two tablespoons cornstarch, and slowly add one and one-half cups hot milk. Cook in double boiler until thick (about forty minutes), pour this into two egg yolks, return to boiler and cook until eggs thicken (about three minutes). Cool and add one cup well drained pineapple and one-half teaspoon vanilla. Pour into baked crust and cover with meringue, made of two stiffly beaten whites of egg and two tablespoons powdered sugar. Brown quickly in a hot oven.

MRS. A. P. HEDRICK.

Cocoanut Pie

1 can grated cocoanut	3/4 cup sugar.
2 tablespoons cornstarch.	3 egg yolks.

Use one cup milk, cocoanut milk, and fill up with sweet milk. Put sugar, cornstarch, milk and eggs in saucepan, cook until it becomes thick, then add grated cocoanut, spread on crust and bake.

MERINGUE

Whites of three eggs, six tablespoons sugar. Blend whites and sugar well, spread on pie and brown. This will make two small or one large pie.

MISS BETTIE RUTH.

Apple Pie

Stew and sweeten apples, make bottom crust, pour in apples, add pinch of salt and sprinkle with nutmeg. Roll dough again very thin and cut strips about three-eighths of an inch wide and lay on top about three-eights of an inch apart across each way, making little squares. Put bits of butter all about, and sprinkle with sugar. Any fruit pie may be made the same way, or covered with solid top crust.

MRS. U. B. ALEXANDER.

Each package of KNOX GELATINE makes FOUR PINTS of jelly

Chocolate Cream Pie

2 sq. chocolate or $\frac{1}{2}$ cup cocoa.	2 cups milk.
$\frac{1}{4}$ cup cornstarch.	2 egg yolks.
2 egg whites.	1 teaspoon vanilla.
	$\frac{1}{2}$ cup sugar.

Melt chocolate, add sugar, cornstarch, egg yolks, salt and milk. Cook in double boiler until it thickens, stirring constantly, flavor with vanilla, pour into a baked pie-crust shell, cover with meringue made by beating egg whites stiffly. Bake brown; serve cold.

MISS RUTH DEW.

Chocolate and Blackberry Custard

1 quart canned or raw berries.	$\frac{3}{4}$ cup cocoa.
2 cups sugar.	4 eggs.
1 cup milk.	$\frac{1}{2}$ cup butter melted.
	A little flour.

Mix all together well thus: Beat eggs, add sugar, cocoa and flour, then milk, stir well and pour in berries, then butter. Flavor if preferred. This makes three or four pies.

MRS. U. B. ALEXANDER.

Delicious Pie

4 eggs.	$\frac{1}{4}$ pound butter.
1 cup sugar.	Vanilla.

Take yolks of eggs, beat until light, add one cup sugar, beat well and add one-fourth pound creamed butter and vanilla.

CRUST

2 cups well sifted flour.	Salt.
$\frac{1}{2}$ cup lard.	Water.

Enough water to make a stiff dough. After making let stand a few minutes, then roll and line two small pie tins; put mixture, divided equally in the two crusts and bake in moderate oven. Now beat the four whites until very stiff, then put in eight tablespoonsful of sugar and beat again; when pie is done, put whites on top and brown to a golden brown. These are delicious.

MRS. W. R. DORSETT.

Brown Sugar Custard

1 pound dark brown sugar.	5 eggs.
	1/3 pound of butter.

Cream butter and sugar, then add yolks of eggs, beat whites to a stiff froth, add two teaspoons of water. Mix all together and bake on crust.

MRS. CHARLES H. YOUNGER.

Molasses Custard

Five eggs, beaten separately, one and one-half cups molasses, one cup sugar, two tablespoonfuls of melted butter. While beating the eggs cook the molasses and sugar until it boils, melt the butter in the boiling mixture and pour over the eggs, while still boiling hot, a pinch of soda and a little salt. Flavor with vanilla. Bake with bottom crust only.

Sweet Potato Custard

2 medium sweet potatoes boiled and mashed.	4 eggs, separate whites.
2 cups milk.	1 cup sugar.
	2 tablespoons butter.
	1 teaspoon vanilla.

To mashed potatoes add eggs, sugar, milk and butter. Cook in double boiler or over very slow fire until thick custard. Spread on crusts previously baked. Beat whites very stiff, adding two tablespoons sugar, then spread over custard and brown in quick oven.

FOR CRUSTS (2)

2 cups flour.	$\frac{1}{2}$ cup shortening.
	$\frac{1}{4}$ teaspoon salt.

Mix, roll and put in pans and bake quickly.

MRS. R. E. PRINCE.

Lemon Pie

1 cup sugar.	3 tablespoons flour.
1 $\frac{1}{2}$ cup boiling water.	4 tablespoons cornstarch.
1/8 teaspoon salt.	3 egg yolks.
$\frac{1}{2}$ tablespoon butter.	Juice 1 $\frac{1}{2}$ lemons.

Mix sugar, flour, cornstarch and salt in top of double boiler, add boiling water slowly and stir and cook over the fire until boiling point is reached. Place over hot water and cook twenty minutes, stirring occasionally. Mix grated rind and juice of the lemons and egg yolks lightly beaten, and add to the mixture in double boiler. Add butter and stir and cook two minutes. Cool and turn into cooked pastry crust. Spread with meringue and bake eight minutes in a moderate oven.

MRS. T. T. WELLONS.

Eight-Minute Meringue

Beat three egg whites until stiff, gradually add one-third cup powdered sugar, beating vigorously, fold in one-sixth cup sugar; add grated lemon rind to flavor and bake eight minutes in moderate oven.

MRS. T. T. WELLONS.

Where recipes call for Gelatine, use KNOX SPARKLING
GELATINE

Raisin Pie

$\frac{3}{4}$ cup sugar.	1/8 teaspoon salt.
$\frac{1}{2}$ teaspoon cinnamon.	$\frac{1}{4}$ teaspoon cloves.
1 egg.	$\frac{1}{2}$ cup molasses.
$\frac{1}{4}$ cup vinegar.	1 cup chopped raisins.
$\frac{1}{4}$ cup butter.	2 scant tablespoons cornstarch.

Mix sugar, salt, cinnamon and cloves, add to slightly beaten egg, add molasses, vinegar, raisins, cornstarch and melted butter. Mix well and bake between two crusts in a moderate oven.

MRS. C. A. WALLIN.

Chocolate Pie

Yolks of 3 eggs.	$\frac{3}{4}$ cup of sugar.
2 tablespoons grated chocolate.	1 teacup sweet milk.

Cream the yolks and sugar together. Pour heated milk and chocolate over it and flavor with vanilla. Beat whites of eggs, add three tablespoons of sugar, cover pies and brown.

MRS. J. E. RUDY.

Buttermilk Pie

1 cup buttermilk.	1 cup plain cake crumbs.
$\frac{1}{2}$ cup sugar.	2 eggs.
1 teaspoon Bee Brand lemon extract.	Butter size of small egg.

Bake and cover with meringue made of two remaining whites and two tablespoons sugar.

MRS. T. T. WELLONS.

Chocolate Pie

3 eggs (yoke).	$\frac{3}{4}$ cup sugar.
2 tablespoons of grated chocolate.	1 teacup sweet milk.
Flavor with vanilla.	

Make two pies of this, and bake, then whip whites of eggs, add to these three tablespoons of sugar, cover pies and brown slightly.

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PUDDINGS AND SAUCES

Spanish Cream

3 teaspoons gelatine (Knox's).	3 egg whites.
3 egg yolks.	3 cups milk.
1½ cups sugar.	2 teaspoons vanilla.

Scald milk with gelatine, add sugar, pour slowly on yolks of eggs slightly beaten; return to double boiler, cook until thick, stirring constantly, remove from fire, add flavoring and whites of eggs beaten stiff, beat until cool, turn into molds and chill.

MISS RUTH DEW.

Brown Betty

Sliced apples.	Bread crumbs.
Sugar.	Nutmeg.
	Butter.

Put layer of sliced apples in baking dish, sprinkle with sugar and some nutmeg. Then cover with layer of crumbs and dot with butter. Alternate till pan is full, leaving crumbs on top. Bake.

MRS. C. E. GLENN.

Lemon Sponge or Snow Pudding

½ envelope Knox sparkling gelatine.	¾ cup sugar.
¼ cup lemon juice.	¼ cup cold water.
	1 cup boiling water.
	Whites of 2 eggs.

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

MRS. T. T. WELLONS.

Prune Whip

1 pound prunes.	2 tablespoons sugar.
1 lemon, Bee Brand.	1 egg.

Cook prunes, stone, and grind. Add sugar and lemon. Fold in beaten whites of eggs. Brown in oven. Serve cool.

MISS RUTH WEATHERLY.

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Pineapple Pudding

$\frac{3}{4}$ cup condensed milk.	$2\frac{1}{4}$ cups water.
$\frac{1}{3}$ cup cornstarch.	$\frac{1}{4}$ cup sugar.
$\frac{1}{4}$ teaspoon salt.	Whites of 3 eggs.
	$\frac{1}{2}$ can grated pineapple.

Cook milk, water, cornstarch, sugar and salt ten minutes, fold in whites of eggs beaten stiff. When partly cooled, stir in pineapple. Mold, chill and serve with soft custard. Serves six persons.

MRS. H. E. GEORGE.

Biscuit Pudding

12 biscuits softened with water.	1 cup raisins.
1 cup sugar.	2 eggs.

SAUCE

2 tablespoons butter.	$\frac{1}{2}$ cup sugar.
	1 cup water.

Cooked together, a little cornstarch or plain flour to thicken.

MRS. HAMILTON BATTES.

Baked Blackberry or Huckleberry Roll

1 pint flour.	1 tablespoon lard.
$1\frac{1}{2}$ teaspoons baking powder.	Enough water to mix together.

Roll about one-fourth inch thick and sprinkle with sugar. Spread with berries and add more sugar. Roll and pinch together, sprinkle top with sugar and pieces of butter. Put a little water in the pan and bake one-half hour. Serve with sauce or cream.

MISS MARY D. GEORGE.

Chocolate Sauce

$1\frac{1}{2}$ cups water.	1 tablespoon cornstarch.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup cold water.
6 tablespoons grated chocolate.	Pinch of salt.
	$\frac{1}{2}$ teaspoon vanilla, Bee Brand.

Boil sugar and water four or five minutes to make a syrup. Mix chocolate, starch, and one-half cup cold water; add the salt, then the hot syrup, and cook three minutes. Flavor and serve hot. If desired to serve on ice cream let cool before serving.

MISS RUTH WEATHERLY.

Sauce

$\frac{1}{2}$ cup butter.	2 tablespoons vanilla.
2 tablespoons milk.	$\frac{1}{2}$ cup powdered sugar.

Cream butter and sugar, add milk and vanilla. Cook in double boiler until thickens a little.

MRS. W. P. BALLARD.

KNOX stands for Quality and Quantity in Gelatine

Grape Nut Pudding

1 cup grapenuts.	1 $\frac{1}{2}$ cups milk.
$\frac{1}{2}$ cup sugar.	Butter size of walnut.
	$\frac{1}{2}$ teaspoon vanilla.

Boil all together until it thickens, will take about five minutes or little longer. Serve with sauce, or whipped cream.

MRS. U. B. ALEXANDER.

Bread Pudding

1 $\frac{1}{2}$ slices buttered toast.	1 pint milk.
2 eggs.	$\frac{1}{2}$ cup sugar.
	$\frac{1}{2}$ teaspoon vanilla.

Make custard by beating the eggs very light. Add sugar and mix thoroughly. Add milk and vanilla. Put toast in bottom of a pudding pan and pour custard over it and cook in a moderate oven until the consistency of boiled custard.

MRS. A. P. HEDRICK.

Banana Pudding

3 bananas.	$\frac{1}{2}$ pound vanilla wafers.
1 quart sweet milk.	3 eggs.
3 tablespoons cornstarch.	$\frac{1}{2}$ cup sugar.

Place layers of vanilla wafers in bottom of baking dish, then layer of bananas, until wafers and bananas are used. Make a boiled custard of sugar, egg yolks, and cornstarch, cook. When thick pour over bananas and wafers. Make meringue of three egg whites, six tablespoons sugar, pour over custard and brown. When meringue is brown the pudding is done. This can be cooked in custard cups also. MISS BETTIE RUTH.

Cocoanut Custard

1 egg.	1 cupful of sugar.
A lump of butter the size of a walnut.	2 tablespoons of flour.
1/3 teaspoonful soda.	1 $\frac{1}{2}$ cupfuls of fresh buttermilk.
	Pinch of salt.
	1 small package of shredded cocoanut.

This will make two custards. MISS JANIE HARRINGTON.

Biscuit Pudding

Crumb up cold biscuits and soak in sweet milk. Add about two eggs, one small cup sugar, butter size of an egg, one teaspoon vanilla, and one cup stewed prunes seeded, also little baking powder. Bake in well greased and floured pan. Serve with sauce.

MRS. U. B. ALEXANDER.

PP

Desserts can be made in a short time with KNOX GELATINE

Vevy Pudding

$\frac{1}{4}$ cup butter.	1 cup molasses.
2 cups sifted flour.	1 cup milk.
1 teaspoon soda.	1 teaspoon cloves.
1 pinch salt.	1 teaspoon cinnamon.

Steam in mold or bake in slow oven.

SAUCE

One cup sugar, one cup butter creamed, add one well beaten egg. Flavor with vanilla. Just before serving stir in tablespoon (or more) hot water. **MRS. CLARENCE HOWELL.**

Persimmon Pudding

4 cupfuls of grated sweet potatoes.	2 cupfuls of persimmons after they are seeded.
2 $\frac{1}{2}$ cupfuls of sugar.	4 eggs.
1 cupful of butter.	1 cupful of flour.
2 cupfuls sweet milk or water.	Flavor with nutmeg, Bee Brand.

Bake in hot oven. Work the persimmons up with warm water and mash through colander to get the seed and skins out. **MISS JANIE HARRINGTON.**

Sauce for Suet Pudding

1 cup sugar.	1 egg.
Butter size of walnut.	1 tablespoon flour.
	2 tablespoons cold water.

Beat all together and pour in a half-pint of hot milk. Let come to a boil, just enough to cook flour; not too long or egg will curd. Flavor with vanilla or any desired flavoring just before serving. **MRS. H. E. GEORGE.**

Banana Pudding

Yolks of 4 eggs.	1 pint of milk.
2 cups of sugar.	$\frac{1}{2}$ teaspoon salt.

Boil in double boiler until creamy, pour layer of this custard in pudding pan. Slice two bananas, crumble few vanilla wafers, then another layer of boiled custard, continue this, until all of custard, half dozen bananas and half pound of vanilla wafers are used.

ICING FOR PUDDING

Whites of four eggs, one-half cup of sugar, put on pudding, let cook until a light brown. This will serve ten people.

MRS. W. S. SUDDERTH.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

Cranberry Sauce

Put the berries, after picking over and washing, into a saucepan just covered with water and stew slowly over a good fire, stir often, mashing the fruit all you can. When they are mashed, which will take about one-half hour, take them from the fire and add the sugar (nearly a pound to a quart of berries) stirring it till it has dissolved. Press all the fruit through a coarse sieve and put what passes through into the saucepan and cook until thick; put into dish or mold and set away to cool.

MRS. T. T. WELLONS.

Orange Pudding

Peel and cut five sweet oranges into thin slices, taking out the seeds, pour over them a coffee cup of white sugar; let a pint of milk get boiling hot by setting it in a pot of boiling water; add the yolks of three eggs well beaten, one tablespoonful of cornstarch, made smooth with a little cold milk; stir all the time; as soon as thickened pour over the fruit. Beat the whites to a stiff froth adding a tablespoonful of sugar and spread over the top for frosting. Set it in the oven for a few minutes to harden. Eat cold or hot (better cold) for dinner and supper. Berries or peaches can be substituted for oranges.

MRS. CHARLES H. YOUNGER.

Rice Pudding

1 cup boiled rice.	1 cup milk.
1 cup seedless raisins.	1 egg.

Butter and salt to season. Flavor with Bee Brand nutmeg or cinnamon. Bake in well greased and floured pan. Serve with sauce.

MRS. U. B. ALEXANDER.

Water Pudding

4 tablespoons cornstarch.	1 pint boiling water.
1 cup sugar.	2 lemons.
	Whites of 3 eggs.

Moisten cornstarch with little water. Stir well, boil one minute, add sugar, grated rind of one lemon and juice of two lemons. Pour this while hot over beaten whites of eggs. Put in molds after whipping well.

SAUCE FOR PUDDING

1 pint milk.	yolk 2 eggs.
1 cup sugar.	Bee Brand vanilla.

Scald milk, add sugar and eggs, flavor, cook until it thickens. Add cherry if desired.

MRS. W. I. WELLONS.

FOUR separate Desserts or Salads from one package of Knox Gelatine

Cottage Pudding

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup sugar.
1 egg well beaten.	1 cup milk.
2 cups flour.	3 level teaspoons baking powder.
	$\frac{1}{2}$ teaspoon (level) salt.

Cream butter, add gradually sugar and egg, sift together thoroughly the flour, baking powder and salt and add with milk to first mixture. Bake thirty-five minutes. Serve with vanilla or hard sauce.

MRS. C. D. LEAVISTER.

Graham Pudding

Mix well together one-half cupful molasses, one-half teaspoonful soda, one-fourth cupful butter, one egg, one-half cupful milk, one and one-half cups Graham flour, a little salt and spice to taste. Steam two hours. Add one cupful raisins if desired. Serve with sauce.

MRS. W. P. BALLARD.

Apple Dumplings

1 cup flour.	2 tablespoons shortening.
2 teaspoons baking powder.	1/3 cup water or milk.
$\frac{1}{4}$ teaspoon salt.	4 apples.
	$\frac{1}{2}$ cup sugar.

Mix and sift flour, baking powder, and salt. Cut in the shortening with knives, add the liquid, mixing to a soft dough. Roll on a well floured board to one-fourth inch thickness. Wipe, pare and cut apples. Cut dough in four or five inch squares or round pieces. Place apples in center, and sprinkle with sugar and cinnamon, and butter the size of a walnut. Moisten the edge of dough; bring the edges together around the apple. Pierce with a fork to allow steam to escape. Bake on a greased tin in a moderate oven until soft (about twenty-five minutes). If necessary put enough water in pan to keep from browning too fast. Serve warm with cream or any pudding sauce.

MISS MABEL DAY.

Caramel Sauce

1 cupful granulated sugar.	$\frac{1}{2}$ cupful marshmallow topping.
1 cupful boiling water.	Chopped walnuts.

Melt the sugar in a skillet until it becomes clear, amber syrup. Add the boiling water and simmer thirty minutes. Just before removing add the marshmallow topping and beat thoroughly. Add chopped walnuts if desired when the sauce has cooled. Serve over vanilla ice cream or any simple pudding.

MISS RUTH WEATHERLY.

KNOX GELATINE makes a transparent, tender, quivering jelly

White Sauces

THIN WHITE SAUCE

2 tablespoons butter.	1 tablespoon flour to 1 cup milk.
$\frac{1}{4}$ teaspoon salt.	Dash pepper.

This is used for cream soups and scalloped dishes.

MEDIUM WHITE SAUCE

2 tablespoons butter.	2 tablespoons flour to 1 cup milk.
$\frac{1}{4}$ teaspoon salt.	Dash of pepper.

This is used for creamed vegetables, fish, meat and cream toast.

THICK WHITE SAUCE

2 tablespoons butter.	4 tablespoons flour to 1 cup milk.
$\frac{1}{4}$ teaspoon salt.	Dash of pepper.

This is used for binding materials in croquettes.

Three Methods of Making White Sauce

1. Melt the butter, but do not brown, add the flour and seasoning, and stir until smooth. Add the milk slowly, stirring constantly until all is added and is perfectly smooth. Let it boil up once to thoroughly cook the starch in the flour.

2. Mix the flour with an equal quantity of cold water or milk until smooth, and then add enough more milk to make it pour easily. Heat the remainder of the milk in a double boiler, and when hot add the flour mixture gradually, stirring all the time until the mixture thickens. Add the butter and seasoning. This method takes longer (fifteen minutes).

3. Cream the butter, add the flour and seasoning and stir until all is well mixed. Scald the milk and pour slowly over the butter and flour, stirring all the time.

MISS RUTH WEATHERLY.

Tomato Sauce

2 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons flour.	1 cup strained tomato.
	Pepper.

Melt the butter, but do not brown, add the flour and seasoning, and stir until smooth. Add the tomato juice or half tomato and half milk and add a speck of soda to keep it from curdling, stirring constantly until all is added and is perfectly smooth.

MISS RUTH WEATHERLY.

A KNOX GELATINE Dessert or Salad is attractive and appetizing

Mint Sauce for Lamb

$\frac{1}{2}$ cup vinegar. 1 tablespoon powdered sugar.
 $\frac{1}{4}$ cup finely chopped spearmint leaves.

Dissolve the sugar in the vinegar, pour over the mint and let stand thirty minutes on back of range to infuse. Dilute with water if vinegar is very strong.

MRS. H. E. GEORGE.

Apple Sponge

Pare and quarter sufficient apples to make one pound; put them into a saucepan, cover with one pint of water; stew slowly until apples are tender. While these are stewing, cover one package of Knox gelatine with one-half cup water and allow it to soak for one-half hour.

Add this to the hot apples; press through a colander, add one cupful of sugar and the juice of one lemon. When the mixture begins to congeal and is not yet thick, stir in carefully the well beaten whites of three eggs, turn into a mold to harden. Serve with a soft custard made of yolks of the three eggs.

MISS GERTRUDE ROYSTER.

Brown Sauce

Served with puddings, baked apples and desserts.

Mix two tablespoons flour and one tablespoon butter to a paste. Let sugar and milk boil, then add the mixed paste.

MISS MARY D. GEORGE.

Milk Sauce

Rub one tablespoon of butter into a large cup of sugar, add two beaten eggs and mix to a froth. Wet one-half teaspoon of cornstarch and stir into the mixture, then stir in five tablespoons of boiling milk, beating well all the time. Let the dish in a pan of boiling water simmer five minutes. Flavor to taste.

MRS. J. E. RUDY.

Cranberry Sauce

1 quart cranberries. 1½ cups water.
2 cups sugar.

Cook the cranberries and water till the berries are tender; then rub through seive to keep back the skins and seeds. Return to the fire, add the sugar and cook until it is melted. Chill and serve. MRS. H. BLAIR STEVICK.

MRS. H. BLAIR STEVICK.

Cheese Sauce

2 tablespoons butter.	1 cupful grated American cheese.
2 tablespoons flour.	$\frac{1}{2}$ teaspoonful salt.
1 cupful milk.	$\frac{1}{4}$ teaspoonful paprika.

Melt the butter, add the flour and seasonings. When bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Add the cheese, place over hot water, and cook until the cheese has melted.

MISS RUTH WEATHERLY.

Chocolate Custard

1 square Baker's chocolate.	2 eggs.
1 pint milk.	$\frac{3}{4}$ cup sugar.
3 tablespoonfuls flour.	Butter size walnut.

Heat the milk and combine carefully with the melted chocolate. Stir constantly till the mixture boils; beat the yolks of eggs and sugar together. Add enough milk to the flour to make a smooth paste. Beat all together and pour gradually into the boiling milk. Stir until thick then add the butter and a teaspoon vanilla. Make a meringue by beating together the whites of eggs with two tablespoons sugar. Pour boiling custard into baking dish, cover with meringue and brown.

MRS. J. W. WEAVER.

Boiled Custard

1 quart milk.	3 eggs.
1 cup sugar.	1 tablespoon of cornstarch.
Flavoring.	

Mix cornstarch with sugar, beat into it the eggs, bring milk to boiling point in a double boiler. Add the mixture of sugar, starch, and eggs, and cook until thick. When cool add flavoring. Serve cold. This will serve six.

MRS. W. J. RICHARDSON.

Cocoanut Cream

$\frac{1}{2}$ envelope Knox sparkling gelatine.	1 cup shredded cocoanut.
$\frac{1}{4}$ cup cold water.	3 eggs.
Few grains salt.	$\frac{1}{3}$ cup sugar.
2 cups milk.	1 teaspoonful vanilla.

Soak gelatine in cold water five minutes. Make custard of yolks of eggs, sugar and milk; remove from range and add soaked gelatine. When mixture begins to set, add cocoanut, whites of eggs beaten until stiff, salt and flavoring. Line a mold with sections of orange, pour in mixture and chill.

Hard Sauce (for Puddings)

$\frac{1}{2}$ cup butter. 1 cup XXXX sugar.
2 tablespoons boiling water. Flavoring to taste.

Beat the butter until creamy, then add half the sugar and water, beat well, and add the remainder of the sugar and water. When light and fluffy add flavoring and set aside in a cool place until wanted. If desired the flavoring may be omitted and a little grated nutmeg used. **MISS MARY D. GEORGE.**

Peach Polly

1 quart can peaches. 1 tablespoonful lemon juice.
2 cupfuls soft stale bread crumbs. $\frac{1}{4}$ cupful sugar.
1 tablespoonful butter.

Arrange a layer of canned peaches in a greased baking dish, sprinkle with the sugar, dot with bits of butter, and add the crumbs. Pour over the top the juice from the peaches, to which the lemon juice has been added. Bake thirty minutes and serve with cream or any favorite sauce. The fruit juice may be reserved for use in the sauce if desired and one cupful of water used in its place in the pudding.

MISS RUTH WEATHERLY.

Chocolate Plum Pudding

1 envelope Knox sparkling gelatine. $\frac{1}{4}$ cup sliced citron or nuts, as
 $\frac{3}{4}$ cup cold water. preferred.
1 cup sugar. $\frac{1}{2}$ cup currants.
 $\frac{1}{2}$ teaspoonful vanilla. $1\frac{1}{2}$ squares chocolate.
1 cupful seeded raisins. 1 pint milk.
 $\frac{1}{2}$ cup dates or figs, if desired. Pinch salt.

Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire and when mixture begins to thicken add vanilla, fruit and nut meats. Turn into mold, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with vanilla.

McELWEE-TEMPLETON MOTOR CO.

Dodge Brothers Motor Cars
Graham Brothers Motor Trucks

116 E. Morgan St.
Phone 1481

RALEIGH, N. C.

ICES AND ICE CREAM

Frozen Fruit

Shake a can of peeled apricots well to mix the fruit through the juice, and lay it lengthwise in a pan or pail of finely chopped ice and salt, using equal parts of salt and ice; completely cover and set aside for three hours. When opening the can, lay it on the side and cut the top off, so the fruit may be turned out on a plate, and cut in slices and serve. If it doesn't come out easily, wet a cloth in warm water and lay on it just a second. Other fruits may be used instead of apricots.

MISS MARY D. GEORGE.

Orange Ice

2 cups water.	1 cup orange juice.
1 cup sugar.	1 tablespoon orange rind grated.
	1/3 cup lemon juice.

Boil water, sugar, and orange rind five minutes, cool, add lemon and orange juice, strain and freeze.

MRS. R. B. TEMPLETON.

Pineapple Sherbet

One tablespoon of Knox gelatine soaked in one cup of cold water for fifteen minutes. Dissolve with one cup of boiling water. Take one-half can grated pineapple, one and one-half cups of sugar, juice of one lemon. Add the strained gelatine and freeze. (Double quantity if desired.)

MRS. W. L. NEVINS.

Vanilla Ice Cream (Custard Foundation)

2 cups scalded milk.	1 egg.
1 teaspoon flour.	1/8 teaspoon salt.
1 cup sugar.	1 quart thin cream.

Mix flour, sugar and salt, add the egg slightly beaten, and then the scalded milk, gradually. Cook over hot water in a double boiler for fifteen to twenty minutes, stirring constantly at first. Remove from the fire, cool, add the cream and flavoring, strain and freeze. If custard has a curdled appearance, it will disappear in the freezing.

Any desired fruit may be added to the custard just before placing in the freezer.

MISS RUTH WEATHERLY.

One Gallon of Ice Cream

Three quarts single cream, two pounds sugar; flavor to taste with vanilla or fruits. Cook to boiling point, add yolks of sixteen eggs, mix and strain; let cool and put in freezer. Freeze semi-hard, remove dasher, pack with salt and ice until hard.

MRS. C. A. WALLIN.

Water Ice

1 can apricots (run thru sieve). 8 oranges, juice.
8 lemons, juice. 4 cups sugar.

Make syrup of sugar and boiling water. Add fruit juice to make a gallon of mixture. Freeze. MRS. C. E. GLENN.

Philadelphia Vanilla Ice Cream

1 quart thin or single cream. $\frac{3}{4}$ cup sugar.
1 $\frac{1}{2}$ tablespoons Bee Brand vanilla.

Mix ingredients and freeze. MISS MARY D. GEORGE.

Chocolate Sauce to Be Served with Ice Cream

1 $\frac{1}{2}$ cups water. $\frac{1}{2}$ cup sugar.
1 tablespoon arrow-root. $\frac{1}{2}$ cup cold water.
6 tablespoons grated chocolate. Few grains of salt.
1/2 teaspoon Bee Brand vanilla.

Boil water and sugar five minutes, mix chocolate with arrow-root to which water has been added. Combine mixtures, add salt, and boil three minutes, add vanilla, and serve hot.

MISS MARY D. GEORGE.

Hot Fudge Chocolate Sauce for Ice Cream or Cake

$\frac{1}{2}$ cup sugar. 2 cups water.
2 squares chocolate 2 teaspoons cornstarch.
 $\frac{1}{4}$ cup cold water. $\frac{1}{4}$ teaspoon salt.
2 teaspoons Bee Brand vanilla.

Mix together the sugar, water and grated chocolate, cook together until the sugar is dissolved and chocolate melted, then add the cornstarch which has been mixed thoroughly with the cold water, and cook five minutes, stirring constantly. Add salt and vanilla. Serve hot. MISS MARY D. GEORGE.

Lemon Water Ice

Five lemons, one quart water, one pound sugar and lemon rind. When cool, add the lemon juice, strain and freeze.

MRS. W. L. NEVINS.

Pineapple Sherbet

One lemon peel (peeled as you would an apple), add water enough to dissolve one and one-half cups sugar, cook a little, and cool. Take out peel, squeeze in juice of the lemon, and add one small can of shredded pineapple. Put in half-gallon freezer and fill with water nearly to the top (about four inches). When it is frozen a little, add the beaten white of two eggs, and freeze harder.

MISS MARY D. GEORGE.

Nut Frappe

$\frac{1}{2}$ envelope Knox sparkling gelatine.	1 cup cream.
$\frac{1}{4}$ cup cold water.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ cup sugar.	White of 1 egg.
1 cup cooked pineapple and strawberries.	1 cup chopped nuts.

Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice-cold in sherbet glasses.

Fruit Sherbet

$1\frac{1}{2}$ envelope Knox sparkling gelatine (scant measure).	
$1\frac{1}{2}$ cups sugar.	3 cups rich milk.
1 orange.	1 lemon.

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze, add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

Vanilla Ice Cream

1 pint milk.	3 eggs.
1 cup sugar.	2 teaspoons Bee Brand vanilla.
1/3 teaspoon salt.	2 cups thin cream.

Scald the milk, add the well-beaten eggs to it, and cook in a double boiler till as thick as boiled custard. Remove from the fire, add the sugar and, when cold, the vanilla, salt and cream. Freeze and set aside to ripen before serving. Two squares of chocolate melted over hot water may be added to the scalded milk before the eggs are put in, to give chocolate cream.

MISS MARY D. GEORGE.

Strawberry Frappe

2 quarts strawberries. 4 cups water.
2½ cups sugar.

Boil sugar and water for five minutes; wash and press strawberries through a sieve; measure three cups of juice and pulp; add to syrup. When cold, freeze to mushy consistency. Serve in frappé glasses with whipped cream.

MRS. T. T. WELLONS.

Fruit Sherbet

$\frac{1}{2}$ cup banana pulp.	$\frac{1}{2}$ cup orange juice.
$\frac{1}{2}$ cup grated pineapple.	$\frac{1}{4}$ cup lemon juice.
2 cups sugar.	$2\frac{1}{2}$ cups milk.
	$1\frac{1}{2}$ cups cream.

Crush bananas to a pulp with a silver fork, add sugar, strained fruit juice and pineapple. Scald milk and, when cold, stir in the fruit. Whip cream and add. Freeze.

Mrs. T. T. Wellons.

PRESERVES

Orange and Pear Marmalade

1 peck pears.	6 oranges.
5 pounds sugar.	2 lemons.

Grind one orange, including the peeling, with pears, through meat chopper. Squeeze juice and pulp of other five oranges. Juice two lemons. Use no water. Be careful not to let orange seed get in. Cook two hours and stir often to avoid burning or sticking.

MRS. A. P. HEDRICK.

Preserved Figs

Take two tablespoons of ground ginger and tie in a muslin bag. Use enough cold water to cover the figs. Do not take the stems off of figs. Put all on the fire and let come to a boil. Cover with a plate to keep them under the water. As soon as they are clear, take out and put on a plate. Make a syrup—four pounds of sugar to five quarts of figs, very little water, juice of one lemon. As soon as syrup is cooked, put figs in and cover with a plate. Cook until fruit is thoroughly done. Take out fruit and cook syrup down, put the fruit back in and heat, then seal.

MRS. H. E. GEORGE.

Watermelon Rind Pickle

Peel the green and red off of a thick rind, cut in small squares or strips. Soak in weak brine twelve hours then in fresh water twelve hours, changing water twice. Boil thirty minutes in alum water, a lump about the size of a hickory nut, next in strong ginger water thirty minutes. To eight pounds of rind (after soaking and boiling) put five pounds of sugar and one quart of vinegar, one ounce each of spice, cloves and cinnamon. Boil until syrup is thick and rind clear. In changing rind (from boiling alum water, ginger water) drop in cold water each time to keep brittle.

MRS. W. L. NEVINS.

Pineapple and Strawberry Preserves

Two baskets of strawberries and one pineapple. Hull the berries, peel the pineapple, and put through the meat chopper; mix the two together, add one cup sugar to each cup fruit, let stand a few minutes until sugar is thoroughly dissolved, then cook over a slow fire until it starts to boil, then boil just fifteen minutes, and seal with paraffin in glasses.

MRS. H. E. GEORGE.

Strawberry Jam

To one pound fresh strawberries add one pound sugar. Cook slowly till sugar is dissolved, then boil ten minutes. Take out the fruit, boil syrup until thick, replace fruit and boil five minutes. Put in jars and, when cold, pour melted paraffin over top. It is best to cook only two quarts of berries at one time.

MRS. J. W. WEAVER.

Orange Marmalade

6 oranges.

4 lemons.

Wash fruit carefully, and slice, adding to each pint three pints cold water. Let stand twenty-four hours. Cook this until the rinds are tender, then let stand again overnight, then add an equal amount of sugar, and boil until it jellies.

MRS. W. P. BALLARD.

Lemon Butter

6 eggs.

1 pound sugar.

$\frac{1}{4}$ pound butter.

3 lemons.

Beat eggs thoroughly, add sugar and butter, juice of three lemons and grated rind of two. Cook till thick like honey. Strain.

MRS. C. E. GLENN.

Strawberry Preserves

Hull and wash strawberries, mash just a little. Take one cup fruit, two cups sugar, when starting to boil good, cook from twelve to fifteen minutes, put in glasses, cover with paraffine.

MISS MARY D. GEORGE.

Sweet Pickle Peaches or Pears

6 pounds of fruit.

3 pounds of sugar.

1 quart apple vinegar.

Spice to suit taste.

MRS. T. T. WELLONS.

Preserved Citron or Watermelon Rind

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing two teaspoons of powdered alum to each quart of water, heat gradually to boiling point and cook slowly ten minutes, drain, cover with ice water, let stand two hours, again drain and dry between towels. Weigh, allow one pound of sugar to each pound of fruit, one cup of water to each pound of sugar. Boil sugar and water ten minutes. Add melon rind and cook until tender. Remove rind to jars and cover with syrup.

MRS. H. E. GEORGE.

Knox Sparkling Gelatine improves Soups and Gravies

Sweet Pickle Peaches

8 pounds of fruit.
4 pounds sugar.

1 quart vinegar.
Stick cinnamon, ginger, cloves, mace,
allspice.

Boil vinegar, sugar and spices together, add fruit, boil up good once or twice, remove from the kettle. In one week's time return the fruit and juice to kettle and boil as soft as you like.

MISS NELLIE STEIN.

Sweet Pickles

12 pounds fruit.
1 pint vinegar.

6 pounds sugar.
Cloves and spice to suit the taste.

Boil vinegar, sugar and spices together three successive mornings and the third morning cook all together.

MISS JANIE HARRINGTON.

Peach Jelly

Pare the peaches, take out the stones, then slice them. Add to them about a quarter of the kernels. Place them in a kettle with enough water to cover them. Stir them often until the fruit is well cooked. Then strain and to every pint of the juice add the juice of a lemon. Measure again and allow one pound of sugar to each pint of juice. Heat the sugar very hot and add, when the juice has boiled, twenty minutes. Let come to a boil and take instantly from fire.

MRS. J. E. SAWYER.

Orange Marmalade

6 oranges.
1 lemon.

11 cups cold water.
7 cups sugar.

Peel oranges, removing skins, and slice thin. Slice lemon with rind on, cover orange and lemon slices with cold water, let stand twenty-four hours. Boil three hours, add sugar and boil one hour. Pour into glasses, cool and cover.

MRS. R. B. TEMPLETON.

Ginger Pear

8 pounds pears (hard preferred).
6 pounds sugar.

1 quart cold water.
3 lemons.

1 pound preserved ginger.

Pare, core and cut pears in small squares. Heat water and sugar, put in pears and lemons sliced thin, also ginger cut fine. Boil slowly two hours. Good for vanilla ice cream.

MRS. W. P. BALLARD.

Fruit Butters

If apples of coarse texture are used it is desirable to cook them and put them through a colander or coarse wire strainer before adding them to the boiled cider. Sweet apples are sometimes used with tart ones. Over-ripe apples are not desirable.

Apple butter is made by boiling down fresh sweet cider to half its original quantity, then adding apples which have been peeled and sliced. The apples either are added directly to the boiled cider and cooked in it until the apple butter is done or are made into apple sauce which is cooked in the boiled cider. The cooking should be continued until the cider and apple pulp do not separate, then the butter will be of the right thickness when cold.

To one gallon of cider boiled down to one-half gallon add one gallon of fruit. Sugar should be added after the cooking of cider and apples is about two-thirds done. They should be cooked from four to six hours. About one pound of sugar is used to one gallon of apple butter. It is spiced according to one's preference, about one-half teaspoon each of ground cinnamon, cloves and allspice for each gallon being a common mixture. These are stirred into it when the cooking is finished.

Pear butter can be made the same way, and is very delicious.

MISS RUTH WEATHERLY.

Pickled Pears

10 pounds pears, peeled.	1 quart vinegar.
4½ pounds sugar.	½ cup water.
¼ cup broken cinnamon and cloves mixed.	

Place peeled pears (sickle pears are best), leaving stems on, in a crock alternately with layers of sugar, cover with the water and vinegar, let stand over night, drain and to the liquid add spices tied in a bag, soft heads of cloves removed. Heat slowly to the boiling point, when clear add the pears, boil until tender but not soft, place in heated glass jars, using perforated skimmer and cover; when fruit is all cooked and in the can lift covers and pour the boiling syrup over fruit and seal at once.

MISS BETTIE RUTH.

Pineapple and Pear Marmalade

1 peck pears.	5 pounds sugar.
50-cent can grated pineapple.	Juice of 2 lemons.

Grind pears through meat chopper and cook one hour. Put in pineapple and cook another hour. Use no water. Stir often to prevent burning or sticking to kettle.

MRS. A. P. HEDRICK.

PICKLES

Chow Chow

1 gallon chopped cabbage.	$\frac{1}{2}$ gallon chopped green tomatoes.
1 dozen large onions, chopped	1 dozen green sweet bell peppers,
$\frac{1}{2}$ dozen red sweet bell peppers, chopped.	chopped.
	2 pounds sugar.
Ground mustard, and celery seed, cloves and ginger (ground) to taste	

Sprinkle lightly with salt the chopped ingredients, putting each in a separate bowl. Let stand over night. Press the juice from each in a bag. Mix all ingredients together, cover with vinegar. Boil slowly for one hour or more and can and seal while on the stove.

MRS. J. B. MARTIN.

Cucumber Pickles

Twelve large cucumbers, cut size desired and leave to drain. Mix vinegar, sugar and spices to suit taste (for real sweet pickles boil to a syrup), for ordinary cucumber pickles boil and set off to cool. Place cucumbers in jars and pour the mixture in. This number will make three full quarts.

MRS. W. I. WELLONS.

Pepper Hash

3 dozen sweet bell peppers, red and green.	5 pods hot green peppers.
1 quart vinegar.	15 or 20 small onions.
	2 cups sugar.
	2 tablespoonsful salt.

Run peppers and onions through meat chopper. Cover with boiling water and let stand five minutes. Drain, add vinegar, sugar and salt and boil about twenty minutes. Stir while boiling.

MISS NELLIE ROYSTER.

Mustard Pickle

Cut up and mix:
2 quarts green tomatoes. 3 quarts cucumbers.
1 quart onions. 1 head cabbage.

Mix with one cup salt, let stand over night. Mix four cups sugar and two quarts or less of vinegar. Make a paste of three tablespoons mustard, two tablespoons turmeric, one cup flour and little cold vinegar, stir this into vinegar and sugar, let come to boil, pour little water over vegetables, squeeze out and add to vinegar, boil twenty minutes. Put in jars.

MRS. T. T. WELLONS.

KNOX GELATINE is GUARANTEED to please or money back

Green Tomato Catsup

7 pounds green tomatoes.	1 quart vinegar.
	4 red peppers.
Add 1 pound brown sugar.	2 tablespoons mustard.
1 teaspoon ground cloves.	2 tablespoons salt.
1 tablespoon allspice.	1 tablespoon cinnamon.

Boil about three hours and can in glass jars.

MRS. P. B. MAGRUDER.

Chow Chow

2 heads cabbage.	1 peck green tomatoes.
24 onions.	$\frac{1}{2}$ dozen red sweet peppers.
Chop fine and salt over night.	
1 gallon vinegar.	2 pounds brown sugar.
1 box mixed spices.	1 box ground mustard.

Let this mixture boil five minutes, stir in pickles. Let come to boil and can, makes about eight quarts.

MRS. C. E. GLENN.

Relish

2 dozen green bell peppers.	1 dozen red bell peppers.
9 onions.	1 cup of sugar.

Grind and pour boiling water over and squeeze out. Add vinegar to moisten, cook ten to fifteen minutes. Seal.

MRS. J. C. LYNDON.

Pepper Relish

12 bell peppers.	10 onions.
4 red-hot peppers.	1 tablespoon salt.
1 tablespoon celery seed.	1 tablespoon white mustard seed.
	1 cup sugar.

Grind the peppers and onions, salt, pour hot water over and let stand one-half hour, drain off, add celery seed, mustard seed and sugar and one pint of vinegar. Cook three-fourths hour.

MISS MARY D. GEORGE.

Pepper Relish (Sweet Pepper)

12 red peppers.	1 pint vinegar.
12 green peppers.	1 cup sugar.
12 onions.	3 tablespoons salt.

Remove seeds from peppers and chop with onions, cover with boiling water and cook five minutes. Drain, add other ingredients and cook five or ten minutes. Pour into clean hot jars and seal. A few celery or white mustard seed added improves this relish.

MRS. CLARENCE HOWELL.

KNOX GELATINE is measured ready for use—two envelopes in each package

Green Tomato Mince Meat

1 peck green tomatoes.	1/2 peck apples.
2 lemons.	4 pounds brown sugar.
2 pounds raisins.	1/2 pound citron (cut fine).
1 pint cider (or weak vinegar).	1 teaspoon nutmeg.
1 tablespoon cloves.	1 tablespoon cinnamon.
	2 teaspoons salt.

Chop tomatoes, apples and lemons fine, cook tomatoes, lemons and sugar three hours, then add boiled cider, other fruits and spices and salt. Cook about one-half hour longer, seal in fruit jars while hot.

MRS. CLARENCE HOWELL.

Chili Sauce

2 dozen tomatoes.	2 tablespoons salt.
3 green peppers.	1 tablespoon each of ground Bee
3 onions.	Brand spices: Cloves, nutmeg,
7 small hot peppers with seeds.	ginger and allspice.
	1 quart vinegar.

Scald and peel the tomatoes, cut them in small pieces and put with all the other ingredients into a granite saucepan. Cook very slowly for three hours, then bottle and seal.

MISS MARY D. GEORGE.

Universal Pickle

1 gallon of vinegar.	3/4 pound of ground mustard.
4 pounds of brown sugar.	3/4 pound of salt.
2 tablespoons each of cinnamon, cloves, allspice, mace, nutmeg, ginger, mustard seed, celery seed, black pepper, horse radish.	
	1 quart of onions.

Rub mustard, salt and sugar together, add vinegar and other ingredients. Cucumbers, peaches, or vegetables may be added as they are gathered, add salt and vinegar if it weakens. Stir up well every other day.

MRS. H. I. GLASS.

Hedda Pickle

1 quart small cucumbers.	1 quart large cucumbers cut in pieces.
1 quart celery cut in pieces.	1 quart green tomatoes.
1 quart beans.	1 quart green peppers.
1 quart small onions.	1 quart cabbage.

Put in salt water twenty-four hours. Scald in same water and drain. Dressing for Hedda Pickles:

6 tablespoons of powdered mustard.	1 tablespoon of tumeric.
1 tablespoon celery seed.	3 quarts cider vinegar.
4 cups of sugar.	1 1/2 cups of flour.

Mix and let boil three-fourths of an hour. Put in remainder of ingredients, then boil up and can. MRS. E. A. MARTIN.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

Chow Chow

1 gallon cabbage, chopped fine.	$\frac{1}{2}$ gallon green tomatoes.
1 quart onions.	8 pods green pepper.
4 tablespoons mustard.	2 tablespoons ginger.
1 tablespoon cloves.	1 tablespoon cinnamon.
1 tablespoon celery seed.	2 tablespoons salt.
2 pounds sugar.	3 pints vinegar.

Boil until tender and then put in jars.

MRS. M. M. MURCHISON.

Pickled Cucumber Rings

Make a brine of salt and water to hold up an egg. Soak twelve large cucumbers, whole, three days, then soak in clear water three days, change water every day at the same time, then cut pickles in one-half inch slices taking out seeds (don't scrape out the pulp any more than possible). Cover with vinegar, if strong, dilute it, and cook until tender, don't cook too long, let stand in liquid you cook them in three days, then drain off and use it to make the syrup. To every one and one-half pints of liquid drained off add three pounds of brown sugar. To each one and one-half pints of liquid add Bee Brand spices, one tablespoon of broken cinnamon, one tablespoon mustard seed, one-half tablespoon of allspice, one-half tablespoon ground cloves. Boil liquid, spices and sugar and pour over rings. Do this three days, the last time heat rings and put in glass jars.

MRS. H. E. GEORGE.

SANDWICHES

Peanut-Butter Mixtures

Peanut butter moistened with a little cream salad dressing or butter is a favorite sandwich filling. The flavor blends particularly well with preserved fruits, nuts and with such succulent vegetables as celery or onions. Peanut butter mixed with the following combinations is pleasing:

Chopped dill, sweet or sour pickles, raisins, dates, figs or bananas; minced preserved ginger and lemon juice; cream cheese currant jelly, cream cheese and dates chopped and rubbed to a paste; thin slices of tomato, thin slices of sweet onion, chopped olive and celery.

Cheese and Nut Sandwiches

Cream cheese by adding enough hot water to make it soft enough to spread, chop nuts fine, add salad dressing and sprinkle with cayenne pepper, spread on thin slices of bread.

MRS. R. B. TEMPLETON.

Tomato Mixtures

A great variety of excellent sandwich mixtures may be made with tomato soup and cheese. This must, however, be well seasoned.

BASIC RECIPE

1 can tomato soup.
2 or more egg yolks.

$\frac{1}{2}$ pound American cheese cut in
small pieces.

Simmer the soup until quite thick. Add the cheese and stir or beat with an egg beater until the cheese is melted. Add the beaten egg yolk and beat until it is cooked. Remove and cool. This makes about one pint.

This may be varied by adding any of the following:

Two tablespoons of capers; three or more finely minced pimientos; two tablespoons or more of horseradish; finely minced green pepper; three or four chopped green pickles, or combinations of any of the above.

Other seasonings that may be added are horseradish, onion juice, lemon juice, chopped celery, Worcestershire, or any meat sauce.

Sandwiches made from any of the above mixtures are delicious if the bread is first spread with butter seasoned with anchovy or sardine paste, or with plain butter and one of the prepared sardine, caviar or anchovy pastes.

STAUDT'S BAKERY

HARRISON AVENUE

My Mother's Bread

Pies and Cakes — None Better

Telephone 563

Established 1896

Egg Mixtures

In egg mixtures allow one egg for every two or three sandwiches. Five eggs make about one cup.

The basis of the egg mixture is hard-cooked eggs mashed to a paste, moistened with cream, mayonnaise, melted butter or French dressing, allowing one-quarter cup of these to one cup of eggs, and seasoned with any of the following:

Finely minced capers and pickles; equal parts of well-drained spinach seasoned with sauce instead of mayonnaise; mashed anchovies and chopped pickle; chopped olives; equal parts of ground cheese, chopped pimientos or chopped green peppers and chives.

When possible, serve fresh watercress with egg sandwiches.

Ham Mixtures

1. Substitute ham for chicken in any of the above mixtures.
2. Put two cups of ham through the meat chopper, add sauce tartare to make a paste to spread, or one-half cup of chopped onions or a few drops of tabasco sauce.
3. Put one cup of ham through the food chopper and three hard cooked eggs diced fine; add three or four tablespoons of capers or cream, with sufficient mayonnaise to moisten. Spread on slices of bread buttered with anchovy butter.
4. Use two teaspoons of prepared mustard instead of capers.
5. Put one cup of ham through the meat chopper and season with enough prepared mustard and mayonnaise or melted butter to moisten.

Club Sandwich

On a thin slice of buttered toast place a lettuce leaf, then a layer of sliced chicken. Spread over this a salad dressing, preferably mayonnaise. Place strip of bacon over this, then a second slice of toast. On top of this place a lettuce leaf, slice of tomato and sliced cucumber; spread with mayonnaise. Place the third slice of toast over this. MRS. G. C. HENSON.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor
enclosed

Egg Sandwiches

4 hard-boiled eggs.	1 tablespoon mustard.
1 tablespoon butter.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ teaspoon pepper.	1 tablespoon mayonnaise dressing.

Mash all up fine together, spread on thin slices of bread.

MRS. C. D. LEAVISTER.

Bean Mixtures

Other unusual sandwich mixtures suitable for the hearty picnic sandwich are made from canned beans, either navy or kidney, well drained and then put through the meat chopper.

1. Use one cup of bean pulp and season with green pepper, onion, a few drops of tabasco, a little celery salt and a tablespoon of canned tomato soup, mayonnaise or cream.

2. Add one-fourth cup or more of finely chopped lean crisp bacon to the above.

Add one-half cup of chopped ham and one teaspoon of prepared mustard to the first mixture.

Sandwiches

Lettuce.	Onions.	Celery.
Tomato.		Cheese.

Dice and mix well with mayonnaise, salt and pepper to suit taste.

MRS. W. I. WELLONS.

Sardine and Egg Sandwich

1 can sardines.	1 dill pickle.
3 boiled eggs.	3 tablespoon mayonnaise.

Chop sardines and eggs together, add pickle and mix with mayonnaise, spread on toasted bread. MRS. R. B. TEMPLETON.

Cheese Filling for Sandwiches

2 tablespoon melted butter.	$\frac{1}{2}$ pint of sweet milk.
$1\frac{1}{2}$ tablespoon flour.	1 cup of grated cheese.
	$\frac{1}{4}$ teaspoon of French mustard.

Cook to a paste, remove from fire, add salt and paprika to taste, mustard and cheese. Stir until thoroughly mixed and smooth. Keeps a week.

MRS. FRED ALLEN.

Cheese and Nut Salad or Sandwich Filling

Grated cheese and finely chopped nuts, about equal parts, with mayonnaise or French's salad dressing. Serve on lettuce or between slices of bread.

MRS. U. B. ALEXANDER.

**KNOX ACIDULATED GELATINE saves the cost, time and bother
of squeezing lemons**

Sandwiches

Equal portions of figs, dates, prunes and raisins. Put in saucepan, add a little hot water, place on fire, stirring constantly. When of a smooth, soft consistency remove from fire. When cool add English walnuts finely cut, spread thinly on pieces of thin unbuttered bread. This sandwich is delicious with either hot chocolate, tea or coffee.

MRS. T. T. WELLONS.

Sandwich Fillings

SUGGESTIONS FOR SANDWICH FILLINGS

Peanut butter and bananas.

Chopped peanuts with banana pulp, scraped.

Hard-boiled eggs chopped fine.

Season with salt, pepper and a speck of mustard, oil and vinegar, and a finely minced green or red pepper.

Egg Sandwich

Cut two slices of bread, on one put thin slices of onion and on the other put thin slices of sour pickle. Break one egg in a bowl with salt and pepper and beat until very light and cook in deep, hot fat and lay in between the slices of bread and serve hot.

MRS. A. P. HEDRICK.

Chicken Mixtures

1. Put one cup of diced chicken with one or more of finely minced celery through the meat chopper. Add mayonnaise sufficient to moisten and salt and pepper to taste.

2. Put one cup of diced chicken, one cup of diced celery and one-half cup of olives through the food chopper, add mayonnaise to moisten and celery salt to season.

3. Use either peppers or pimientos instead of olives.

A Sardine Mixture

Mix thoroughly one cup of boned sardines with one-quarter cup of tomato puree, mayonnaise or melted butter and pimiento, green pepper, lemon juice, or onion juice, tabasco sauce and celery salt to taste.

Add one or two hard cooked egg yolks mashed to a paste with melted butter.

CANDY

Nut Praline

2 cups brown sugar.
1/2 cup walnuts.

3/4 cup boiling water.
Pinch of cream of tartar.
Little vanilla.

Boil sugar, water and cream of tartar until it forms soft ball in water. Set in a pan of cold water until it is cold. Beat until creamy. Add nuts and vanilla. Drop from spoon on buttered plate.

MRS. R. B. TEMPLETON.

Fudge

3 cups sugar.
1 tablespoon butter.
4 or 5 tablespoons cocoa or 2 ounces unsweetened chocolate.

1 cup milk or cream.
1 teaspoon vanilla, Bee Brand.

Put sugar, milk, cocoa or chocolate into pan; stir and boil until it makes soft ball when tested in cold water; take from fire, add butter and vanilla, cool and stir until creamy. Pour on buttered plates and cut in squares.

MRS. W. H. HARRIS.

Chocolate Fudge

2 cups sugar.
1/2 cup milk.
Pinch of cream of tartar.

1/2 cake chocolate.
2 large tablespoons of butter.
1 tablespoon vanilla, Bee Brand.

Cook sugar and milk until it comes to a boiling point, add cream of tartar melted in water, let it stand in cold water until cool, then beat until creamy.

Cocoanut Divinity Candy

1 can cocoanut, shredded.
1 cup Karo corn syrup (white).
2 eggs (whites only).

3 cups granulated sugar.
1 cup water.
1 teaspoon vanilla.

Boil sugar, syrup and water together until it spins a thread. Remove one cup of this syrup and stand aside. Boil remaining syrup until it cracks in ice water. To the stiffly beaten egg whites slowly add the first cup of syrup, then the remaining syrup, beating constantly. As the beating becomes difficult, add the flavoring and cocoanut. When the mass can no longer be stirred, form in a loaf, or drop by spoonfuls on oiled paper. After the cocoanut has been added, the candy can be divided into two parts, coloring one-half a delicate pink.

MISS RUTH WEATHERLY.

All you add is water and sugar to the Knox Acidulated Package

Divinity Fudge

2½ cups sugar.
½ cup water.

½ cup Karo corn syrup (white).
Whites of 2 eggs.
1 cup broken walnuts.

Boil sugar, syrup and water until it spins a thread. Begin pouring the syrup over the stiffly beaten egg whites—a very small amount each time—until the syrup is all beaten into the eggs. Beat constantly and, when the mass begins to hold its shape, drop by spoonfuls on oiled paper or place in a buttered platter and cut in squares. MISS RUTH WEATHERLY.

Pralines II

1 cup nuts.

1 pound brown sugar.
1 cup boiling water.

Boil until a thick syrup is formed, remove from the fire and gradually add the nut meats. Place the mixture over the flame for two minutes. Remove and stir. Pour or drop on waxed paper. MISS MARY D. GEORGE.

Fondant for Centers

2 pounds granulated sugar. ½ pint water.
1/8 teaspoon cream of tartar.

Melt the sugar in cold water, add the cream of tartar and, when dissolved, boil up and skim; then place the lid on the saucepan for a few minutes. When the syrup is boiling at its own level, put in the candy thermometer and boil it to 240 degrees or until it forms a soft ball. Sprinkle a platter with warm water, pour the syrup on it and again sprinkle with water to prevent crust forming. As soon as the syrup has slightly cooled, gather it up with a scraper into a heap and work it evenly and smoothly with the spatula or wooden spoon until it becomes creamy and solid. Knead it smooth and free from lumps. Fondant is better if allowed to ripen at least one hour (several days is better). It may be covered with a damp cloth and put away in a cool place. From this foundation cream may be made any number of different candies.

MISS MARY D. GEORGE.

Cocoanut Candy

1 egg white.
Shredded or grated cocoanut.

2 pounds XXXX or confectioners sugar.

Beat white of egg well, add sugar, and stir until smooth; roll as preferred. Nuts may be used instead of cocoanut.

MRS. W. I. WELLONS.

Delicious Candy

2 cups of white sugar.	1 cup of milk.
$\frac{3}{4}$ pound of dates.	$\frac{1}{4}$ pound or more of crystallized
1 cup of pecans.	cherries.

Cook milk and sugar until hard ball forms in water; seed dates, break up nuts, and cut cherries rather fine. When candy has formed hard ball, take off stove and drop in cherries, dates and nuts immediately while still boiling. Stir hard and fast until dates melt. Then roll in wet towel. When hard, cover in powdered sugar and cut in slices with knife.

MRS. H. I. GLASS.

Cream Candy

1 pound white sugar.	3 tablespoons vinegar.
1 teaspoon extract lemon.	1 teaspoon cream of tartar.

Add a little water to moisten sugar. Boil until brittle. Add extract. Pour quickly in buttered plates to cool. Pull until white, and cut into squares.

MRS. J. E. RUDY.

Pralines

2 cups XXXX sugar.	$\frac{1}{2}$ cup milk.
1 cup maple syrup.	2 cups nut meats.

Boil the sugar, maple syrup and milk together till it forms a soft ball, in cold water. Cool and beat till creamy, add nuts and drop the mixture by spoonfuls on waxed paper.

MISS MARY D. GEORGE.

Chocolate Marshmallow Fudge

2 cups sugar.	3 tablespoons butter.
1 cup milk.	$\frac{1}{4}$ teaspoon salt.
2 squares chocolate.	10 marshmallows.
	2 drops vanilla.

Melt chocolate over boiling water, add sugar and milk, stirring until sugar is dissolved. Cook slowly, without stirring (this causes it to be grainy), until it forms a soft ball in cold water. Remove from fire, add marshmallows and vanilla and butter. Let cool, and beat until creamy. Turn in buttered plate and cut in squares.

MRS. R. B. TEMPLETON.

Milk Chocolate Fudge

1 pound brown sugar.	1 cup white sugar.
1 cup milk.	1 teaspoon butter.
	$\frac{1}{4}$ pound Baker's chocolate.

Mix and cook till it forms soft ball when dropped in cup of cold water. Treat as plain fudge.

MRS. W. I. WELLONS.

Chocolate Cocoanut Fudge

1 cupful canned cocoanut (being sure the milk has been pressed out.)
2 cups granulated sugar. 4 or 5 tablespoons grated chocolate
 $\frac{1}{2}$ cup cocoanut milk. added to sugar.
Butter size of walnut.

Put sugar, chocolate and milk in saucepan and boil twelve to fifteen minutes, stirring constantly. Before removing from fire, add cocoanut and butter, and beat until cool. Pour into a small buttered tin and cut into squares before it hardens. For plain fudge omit cocoanut. MISS MARY D. GEORGE.

Peanut Brittle

2 cups granulated sugar. 1 teaspoon butter.
1 cup coarsely chopped nuts.

Put the sugar into an iron saucepan and let it melt over a moderately hot fire; add the butter and nuts, and immediately pour into a well-greased pan. Cut into squares when sufficiently cool. MISS ANNIE RICHARDSON.

Cocoanut Candy

2 cocoanuts. 2 $\frac{1}{2}$ pounds sugar.
1 teaspoon vanilla.

Wet sugar with milk of cocoanuts and let cook as for icing until it ropes; then add grated cocoanut and cook a few minutes, stirring constantly; pour into a bowl, add vanilla, and stir until it begins to harden. Spread on buttered dish and cut into squares. MISS NELLIE STEIN.

Sea Foam

2 cups brown sugar. $\frac{1}{2}$ cup water.
1 teaspoon vanilla extract. $\frac{1}{2}$ cup chopped nuts.
1 egg white.

Boil sugar and water till a little dropped in cold water forms a soft ball. Pour the hot mixture over the stiffly beaten white of the egg, beating while pouring; add nuts and extract, and beat vigorously till the candy stiffens. When nearly set, drop by spoonfuls on paper. MISS ANNIE RICHARDSON.

Peanut Penuche

1 tablespoon butter. $\frac{3}{4}$ cup peanuts (chopped).
 $\frac{1}{3}$ cup milk. $\frac{1}{3}$ teaspoon salt.

Melt butter, add sugar and milk. Boil until mixture forms soft ball in water. Remove from fire, cool, and beat until creamy; add nuts sprinkled with salt. Turn in buttered plate. Cut in squares. MRS. R. B. TEMPLETON.

Each package of KNOX GELATINE makes FOUR PINTS of jelly

Mints

2 cups granulated sugar. $\frac{1}{2}$ cup water.
1/8 pound butter.

Boil until it forms a hard, brittle lump that will ring against the side of a cup, or shatter off when struck against the table. If using a thermometer, boil candy to 260 degrees. Pour on platter that has been dipped in cold water. Almost before it has had time to cool, it must be pulled. Flavoring and coloring must be worked in immediately. Use pink for wintergreen, and green for peppermint, or leave the candy white and flavor with peppermint. Cut with scissors. After they are cold, the mints should be packed in an air-tight box until they are creamy.

MISS MARY D. GEORGE.

Sea Foam

2 cups brown sugar. 1 egg white.
 $\frac{1}{2}$ cup water. $\frac{1}{2}$ teaspoon vanilla.
1 tablespoon vinegar. $\frac{1}{2}$ cup walnuts or pecans.

Dissolve sugar thoroughly in water, add vinegar, and cook slowly until syrup will form a rather hard ball when dropped in cold water. Have egg white stiffly beaten, and add syrup slowly, beating mixture constantly; then add flavoring and nuts, and beat steadily until candy is stiff enough to drop well. Drop from spoon on oiled paper, or pour into buttered dish and cut when cool. If strong vinegar is used, use only one-half tablespoon.

MISS ESTELLE CROWDER.

Nut Loaf

2 cups granulated sugar. 1 tablespoon Karo syrup.
6 tablespoons water.

Boil until it forms soft ball in water, let cool, then beat until creamy and add one cup of nuts (pecans or walnuts), well worked in. If the candy hardens or crumbles work small amount with the hands and add more to it until all is creamy. Then form in long ropes about one inch thick and cut in one-half inch slices.

MISS MARY D. GEORGE.

Fruit Roll

Take two cups sugar, one cup milk and butter the size of an egg, cook until it will set in cold water, then take off and beat until it begins to thicken, then pour in one cup nuts, one cup dates and ten cents worth of cherries. Stir them in thoroughly and pour upon a damp napkin and roll. Pat it down so it will be firm and hard. Slice with a sharp knife.

MISS MARY D. GEORGE.

Where recipes call for Gelatine, use KNOX SPARKLING
GELATINE

Peanut Brittle

2 cups sugar. 1 teaspoon soda.
1 cup chopped roasted peanuts.

Heat sugar until dissolved in liquid form. Add soda and while foaming add peanuts. Pour on buttered board. Roll very thin, quickly. Break into pieces. MRS. C. E. GLENN.

Butter Scotch

2 cups sugar. 2 tablespoons water.
2 tablespoons butter.

Boil without stirring until brittle when tested in cold water. Pour out on buttered plates to cool. MRS. W. H. HARRIS.

Divinity Fudge

4 cups granulated sugar. 1 cup water.
4 tablespoonsful Karo syrup 4 eggs (whites).
(red label). 1½ cups walnut meats.

Put sugar, syrup and water in saucepan, stir until sugar melts, then cook until, when dropped in cup cold water, it forms soft ball, then pour one-third of this into the stiffly beaten whites of the four eggs, then place pan back on stove and cook sugar again until when dropped in water it forms a hard ball. Now pour one-half of this into the egg whites, beating all the time, then place the pan again on fire and cook the third time, this time until when dropped in water it forms a very hard ball, then pour the balance of sugar into the eggs and beat hard until creamy. Drop on a tray or dish in large lumps and cut into small pieces. Real good. MRS. W. R. DORSETT.

Peppermints

2 cups sugar. 1 cup water.
2 tablespoons butter.

Boil without stirring until a soft ball is formed in cold water. Pour out on greased platter. When cool add two or three drops of mint and coloring water. Work with hands until creamed.

MISS RUTH WEATHERLY.

Cocoanut Candy

Mix four cups powdered sugar, one egg white and four tablespoons water, then add one cup grated cocoanut, one teaspoon Bee Brand vanilla extract and one-half teaspoon lemon extract. Beat until stiff, then mold into balls. Set away to harden.

MISS MARY D. GEORGE.

KNOX GELATINE solves the problem of "What to have for dessert"

Molasses Taffy

2 cups granulated sugar.	2 cups molasses.
$\frac{1}{4}$ teaspoon soda.	2 tablespoons vinegar.
	2 tablespoons butter.

Boil the sugar, molasses, vinegar and butter over a slow fire to 255 degrees (candy thermometer), or to a hard ball when dropped in cold water. Stir constantly during last part of cooking. Just before removing from the fire stir in one-fourth teaspoon of soda. Pour into buttered tins and when cool enough to handle butter the hands lightly and pull until light and firm. Draw out and cut into one inch lengths.

MISS MARY D. GEORGE.

Fondant

2 $\frac{1}{2}$ pounds sugar.	$\frac{1}{4}$ teaspoon cream of tartar.
	1 $\frac{1}{2}$ cups water (hot).

Put ingredients in pan and mix well. Stir until it begins to boil and then boil slowly until it forms a soft ball in cold water. Pour slowly on buttered platter and allow this to stand for a minute to cool but not long enough to harden around edges. Work with wooden spoon until white and creamy. It will begin to lump quickly but this can be avoided by kneading until smooth. Put in bowl, cover with oil paper and let stand for twenty-four hours.

MRS. R. B. TEMPLETON.

Divinity Candy

2 cups sugar.	$\frac{1}{2}$ cup Karo corn syrup.
$\frac{1}{2}$ cup water.	Pinch salt.
	Whites of 2 eggs.

Boil until it hardens in water. Then pour over the whites, beaten very stiff. Beat all together until creamy. Add nuts or candied cherries, or both.

MRS. W. H. HARRIS.

Martha Washington Candy

Melt two ten cent cakes of chocolate and one inch of parafine in double boiler. Keep warm while preparing filling, five cups sugar three cups water, one and one-half tablespoons vinegar. Let boil with candy thermometer standing in pan until it registers 240 degrees, while cooking take whites of three eggs beaten stiff, add two tablespoons vanilla, pour sugar and water over (which has been cooking at proper temperature), and let it set to cool until it stops bubbling, then beat vigorously for a few minutes. Beat with a wooden spoon until it is creamy and can be pinched off in balls the size of walnuts, dip hands

Use KNOX GELATINE—the Four-pint package

in cornstarch while forming balls, have the chocolate mixture warm, take dipper, put cream balls in dipper and plunge in chocolate, drop on wax paper and put pieces of English walnuts on top of each ball. Don't handle at once. Very good candy thermometers can be purchased at candy stores or drug stores.

MRS. J. A. COLEMAN.

French Dainties (Candy)

2 envelopes Knox Acidulated gelatine. 4 cups granulated sugar.
1½ cups boiling water. 1 cup cold water.

Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil slowly for fifteen minutes. Divide into two equal parts. When somewhat cooled add to one part one-half teaspoonful of the lemon flavoring, found in separate envelope, dissolve in one tablespoonful of water and one tablespoonful lemon extract. To the other part add one-half teaspoonful extract of cloves. Pour into shallow tins that have been dipped in cold water. Let stand overnight. Cut into squares with a knife dipped in hot water. Roll in fine granulated or powdered sugar and let stand until crystallized. Vary by using different flavors such as lemon, orange, peppermint, wintergreen, etc., and different colors, and adding chopped nuts, dates or figs.

MRS. T. T. WELLONS.

Chocolate Drops

¼ pound chocolate. 2 cups granulated sugar.
2/3 cup milk. 1½ tablespoons butter.
1 teaspoon Bee Brand vanilla.

Put sugar and milk in a saucepan and stir until dissolved over quick fire. When boiling add chocolate, melted or grated, let boil just three minutes, then drop in butter and remove from fire. Add vanilla and pour on shallow ungreased dish. Beat until thick enough to drop without spreading. Drop on waxed paper. Let stand to harden. MISS MARY D. GEORGE.

French Cream

White of 1 egg. ½ teaspoon cold water.
1 teaspoon vanilla, Bee Brand. 1 pound XXXX sugar.

Mix white of egg, water and vanilla, beat until thoroughly mixed, then add gradually the sugar until the mixture is stiff enough to knead. This cream may be used instead of cream fondant for such things as cream walnuts and dates.

MISS MARY D. GEORGE.

Peanut Butter Fudge

3 cups sugar.	10 tablespoons peanut butter.
$\frac{3}{4}$ cup water.	3 tablespoons butter.

Mix sugar and water and peanut butter and cook to soft ball stage. Remove from fire and add butter, set in pan of cold water. Do not move or stir until cool. When cool beat until creamy, pour into a buttered pan and cut into squares. A pinch of salt added when removed from fire takes away the flat taste. (Try lining buttered pan with waxed paper and see how easy it is to cut candy into squares without tearing it up.)

MISS RUTH DEW.

Turkish Delight

3 tablespoons Knox's gelatine.	2 cups sugar.
Grated rind and juice 1 lemon.	Grated rind and juice 1 orange.
$\frac{1}{2}$ cup cold water.	$\frac{1}{2}$ cup hot water.

Red, yellow or green coloring.

Soak the gelatine in cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling point add the gelatine and simmer twenty minutes. Add color and flavoring. Strain into a bread pan which has been rinsed in cold water. The mixture should be from one-half to one inch in depth. When it is cold turn it onto a board, cut into cubes or other shapes and sprinkle or roll in XXXX sugar.

MISS MARY D. GEORGE.

BEVERAGES

Milk Julep

1 egg.	1 cup milk.
1 tablespoon sugar.	Salt.
	Vanilla.

Beat the egg until light, add the sugar, beat, then add the other ingredients. Mix or shake well and chill. When ready to serve beat or shake until foamy.

Variations: Add one tablespoon of chocolate syrup; sprays of mint; grated nutmeg or cinnamon; whipped cream; one teaspoon of caramel and one tablespoon of ice cream.

MISS MARY D. GEORGE.

Chocolate Syrup

3 squares chocolate, grated.	1½ cups sugar.
1½ cups boiling water.	1 tablespoon cornstarch.
Salt.	Vanilla.

Place the chocolate in a double boiler and pour boiling water over it. When it is melted add the dry ingredients which have been mixed together. Cook the mixture for about ten minutes, or until smooth and creamy. The syrup will keep in a cool place indefinitely.

MISS MARY D. GEORGE.

Drinks

Juice from 1 can pineapple.	1 quart ice water.
Juice from 1 can pears.	Juice of 2 lemons.

A very little sugar will be needed, just enough to kill the sour taste. Mix and add enough ice to make very cold.

The juice of any canned fruits combined with lemon juice will make a very good drink and will also save the syrup that would otherwise be thrown away.

MISS RUTH WEATHERLY.

Cocoa

3 tablespoons cocoa.	3 tablespoons sugar.
3 cups boiling water.	1 cup condensed milk.
	Pinch of salt.

Mix the cocoa, sugar and salt, and dilute with water, adding a little at a time. Boil about two minutes, pour in the milk and beat with an egg beater to prevent scum from forming on top. Improved by adding one-half teaspoon of Bee Brand vanilla just before serving.

MISS MARY D. GEORGE.

GRAND - UPRIGHT - PLAYER
PIANOS



VICTROLAS—RECORDS
DARNELL & THOMAS

118 Fayetteville St. RALEIGH, N. C.

Sugar Syrup

Put two cups sugar and two cups water in saucepan, stir until sugar is dissolved; boil five minutes, cool and bottle. The syrup may be kept in the refrigerator and will be found much more satisfactory than sugar for sweetening lemon and orange-ade and fruit beverages.

MISS MARY D. GEORGE.

Cocoa

1 pint scalded milk.
2 tablespoons cocoa.

1 pint boiling water.
2 to 4 tablespoons sugar.

Mix cocoa and sugar. Stir in water and boil five minutes, add milk and cook five minutes longer.

MRS. T. T. WELLONS.

Orange Sparkle

Take one-half glass of orange juice and fill to the top with cracked ice and add ginger ale. MISS MARY D. GEORGE.

Grape Juice Punch

Make a syrup of two cups of sugar and a cup of water, when cool add juice of six lemons and a pint of grape juice. Pour over a lump of ice a few minutes before serving.

MRS. W. L. NEVINS.

Peach Punch

1 cupful sugar.
2 cupfuls water.
 $\frac{1}{4}$ cupful orange juice.

2 cupfuls sliced peaches and juice.
 $\frac{1}{4}$ cupful lemon juice.
Ice water.

Boil the water and sugar together for one minute; set aside to cool. Force the peaches through a purée sieve and combine the pulp with the orange and lemon juice. Add to the cold syrup and let chill thoroughly. Just before serving, strain and dilute to taste with ice water.

MISS RUTH WEATHERLY.

Desserts can be made in a short time with KNOX GELATINE

Punch Recipe

This will serve 75 people:

Juice of 4½ dozen lemons.	Juice of 10 oranges.
4 cans sliced pineapple cut up, using juice also.	1 quart red cherries and juice. 1 quart grape juice.
3 or 4 bottles ginger ale.	

Make a syrup of sugar and water and sweeten to taste. Add enough water to make four gallons, allowing for ice to melt.

MRS. A. P. HEDRICK.

Lemonade

Juice of 1 lemon.

3/4 cup water.
2 tablespoons sugar.

Put sugar in cup; add ice water; stir until sugar is dissolved; add lemon juice and serve in glass with cracked ice.

MISS MARY D. GEORGE.

Delicious Coffee

Use one heaping tablespoon of coffee to each cup. Use only fresh water and pour it over the coffee when it begins to boil. Allow it to stand at the boiling point, simmer two minutes. Scald the coffee pot.

MISS MILDRED H. SMITH.

Lemon Syrup

Mix one cup sugar syrup and two-thirds cup lemon juice, strain and bottle, and keep in the refrigerator. When wanted dilute with six parts ice water to one part lemon syrup. Garnish glasses with slice of lemon, orange, maraschino cherry or sprig of mint.

MISS MARY D. GEORGE.

Chocolate-Egg Milk Shake

1 egg.

1 cup milk.
1 tablespoon chocolate syrup.

Beat the egg, add the milk and the syrup. Shake thoroughly and serve.

MISS MARY D. GEORGE.

Fruit Punch

½ cup lemon juice.	¾ cup sugar.
Grated rind of half orange.	1 cup orange juice.
1 tablespoon grated lemon rind.	1 quart water.

Boil sugar and water for three minutes, cool and add other ingredients.

MRS. R. B. TEMPLETON.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons

RECIPES FOR THE SICK

Invalid Muffins

1 cup flour.	$\frac{1}{2}$ cup milk.
1 teaspoon baking powder.	2 eggs (whites).
$\frac{1}{2}$ teaspoon salt.	2 tablespoons melted butter.

Mix and sift the dry ingredients, add the milk gradually, the whites of eggs well beaten, and lastly the melted butter. Bake in a moderate oven in buttered gem pans. After baking, let stand in the oven, with door open, until the crust is dry and crisp. Serve hot or cold. **MISS RUTH WEATHERLY.**

Apple Float

1 dozen apples or a can of apples.	1 $\frac{1}{2}$ cups of sugar.
2 lemons.	2 eggs (whites).

Beat up apples, add sugar, and then grated rind and juice of lemons, the beaten whites of the eggs. Set in stove and brown. **MISS RUTH WEATHERLY.**

Brown Betty

Cut several apples into thin slices, have ready a buttered pudding pan. Put into this a layer of browned bread crumbs, then a layer of the apples, and continue until the pan is full. Let bread crumbs be the top layer. Put several small pieces of butter on top and set in oven to brown. Serve with a sauce. **MISS ESTELLE CROWDER.**

Invalids Tea

1 teaspoon tea.	1 cup scalded milk.
	Sugar to taste.

Bring the milk quickly to the scalding point and pour it over the tea. Let the two infuse four minutes, strain and serve with or without sugar just as patient prefers. Tea made this way is nourishing as well as stimulating.

MRS. KENNETH YOUNGER.

Hot Cocoa or Chocolate

One teaspoonful of cocoa, or bar chocolate, same amount. Two teaspoonsful sugar, mix with a very little hot water. Then add one-half cup sweet milk, one-half cup hot water. Let come to boil, serve at once with a marshmallow on top, or whipped cream. **MISS ESTELLE CROWDER.**

FOUR separate Desserts or Salads from one package of Knox Gelatine

Stuffed Prunes

Boil until tender, stone and stuff with English walnuts and serve with sugar and cream. Any amount can be used.

MISS RUTH WEATHERLY.

Baked Apples

Wash and core good, uniform apples. Put into a baking pan, fill the center of each apple with sugar, and add a bit of butter on the top. Add enough water to cover the bottom of the pan. Cinnamon or nutmeg may be sprinkled on top if desired. Bake in a hot oven until soft; baste with the juice in the pan. If desired fill the centers with whipped cream and serve.

MISS RUTH WEATHERLY.

Apple Snow

Take two cupfuls of well sweetened stewed apples, beat to a pulp and add the white of one egg. Beat for half an hour, the longer it is beaten the whiter it will be.

MISS ESTELLE CROWDER.

Beef Juice

One-half pound beef yields two ounces of juice. Cut top round of beef in small pieces. Heat in ungreased frying pan over moderate heat two minutes to start juices. Press out juices with meat press. Serve in warm cup. Add salt to taste. Prepare enough for one serving as juice does not keep.

MRS. KENNETH YOUNGER.

Chocolate Milk Shake

1 teaspoon cocoa or chocolate. 2 teaspoons sugar.
 $\frac{1}{4}$ cup water.

Boil for two minutes, cool, add to two glasses of milk and one-half cup chipped ice. Shake well.

MISS MARY D. GEORGE.

Egg Omelet

Beat the yolk of an egg until light, add salt and pepper to taste. Beat the white very light and add to yolk. Have a hot griddle well buttered and turn onto this browning well, set in oven a minute until the top crusts over. Score it across the center with a knife, fold it over and turn out on a dish garnished with lettuce or parsley. MISS ESTELLE CROWDER.

KNOX GELATINE is economical—one package makes FOUR PINTS of jelly

Baking Powder Biscuits

1 cup flour.	1 teaspoon baking powder.
$\frac{1}{4}$ teaspoon salt.	1 tablespoon lard.
	1/3 cup milk (sour).

Sift dry ingredients, add lard, mixing well to dry ingredients before adding milk, then add milk and knead until a firm dough. Bake in hot oven. This makes eight biscuits.

MRS. R. B. TEMPLETON.

Junket

1 cup milk.	$\frac{1}{4}$ junket tablet.
2 tablespoons sugar.	2 teaspoons cold water.
	$\frac{1}{2}$ teaspoon vanilla.

Heat milk in double boiler until lukewarm. Stir in sugar and flavoring. Dissolve junket tablet in cold water and stir into milk. Let stand until cold and set. Put in refrigerator until ready to serve. Plain or whipped cream may be served with junket if desired. Junket may be flavored with nutmeg, cocoa or coffee.

MRS. KENNETH YOUNGER.

Apple Float

Beat the whites of two eggs, with three-fourths cup of sugar until stiff, then beat into this three cupfuls of steamed apples slightly sweetened. The apples should not be juicy, but cooked with as little water as possible, pressed through a sieve; returned to the stove and added to the beaten egg whites while hot. This will keep several hours.

MISS ESTELLE CROWDER.

Oatmeal Gruel

$\frac{1}{2}$ teaspoon salt.	1 $\frac{1}{2}$ cups boiling water.
	4 tablespoons oatmeal.

Add salt to boiling water, stir in oatmeal, cook ten minutes over slow, direct heat, stirring to prevent sticking. Place in double boiler and cook one hour. Strain, add milk if desired. Reheat and serve.

MRS. KENNETH YOUNGER.

Prune Whip

Take three cups of prunes thoroughly cooked, remove seed and put through sieve. Sweeten to taste, but if cooked with a very little water they will not need much sugar. Beat the whites of two eggs until stiff, add the prunes and continue to beat until it is all very light. MISS ESTELLE CROWDER.

KNOX GELATINE is measured ready for use—two envelopes in each package

Invalid Rolls

1 cake yeast dissolved in half-cup warm water.	1 cup of sweet milk (let boil up).
1 teaspoon sugar.	1 tablespoon lard.
	2 teaspoons salt.

White of one egg beaten stiff, dissolve lard, sugar and salt in milk, then add the whites of eggs after milk cools, then add yeast dissolved in warm water, add flour enough to make a stiff dough, then set and let rise for two or two and one-half hours. Then knead again and make into rolls. Let rise again. Then bake in a moderately hot oven.

MRS. T. T. WELLONS.

Beef Tea

$\frac{1}{2}$ pound round steak.	$\frac{1}{2}$ pint water.
	1/3 teaspoon salt.

Cut the meat in small pieces, add the cold water and stand aside for half an hour. Then place in a glass jar, cover and stand in a saucepan of cold water, let it heat slowly and cook two hours. It is better to have the jar raised from the bottom of the saucepan that it may not come in contact with the heat of the range. You can use a saucer upside down.

MRS. H. E. GEORGE.

Egg-in-Nest

Make toast crisp brown, using butter as desired. Beat the white of an egg, with a little salt, until stiff. Pile lightly on a piece of toast and slip back in oven to brown the top lightly. Place the unbroken yolk in the center and add a bit of salt and black pepper if desired. Serve this while hot.

MISS ESTELLE CROWDER.

Grape Fruit Jelly (Individual)

$\frac{1}{2}$ tablespoon Knox sparkling gelatine.	$\frac{1}{2}$ tablespoon cold water.
1 tablespoon sugar.	1 tablespoon boiling water.
	1/3 cup grapefruit juice.

Soak gelatine in cold water three minutes, add boiling water and sugar, place over hot water and let stand until gelatine has dissolved; then add grapefruit juice, strain into a wet mold, and chill.

MISS MARY D. GEORGE.

HOUSEHOLD HINTS

WHEN COOKING MEATS, REMEMBER—

Roast Meat

Time per pound for cooking:

Fifteen minutes for beef; eighteen minutes for lamb and chicken; twenty-two minutes for pork or veal.

Boiled or Braised Meat

Time per pound for cooking:

Twenty-five minutes for fresh meats, fowl and ham; thirty-five minutes for corned meats.

Broiled or Fried Meat

Time for cooking:

Five to ten minutes for lamb chops, beefsteak or liver; twenty minutes for chicken, veal or pork; from eight to ten minutes for breaded cutlets, or chops; twenty minutes for breaded chicken.

WHEN COOKING VEGETABLES, REMEMBER—

Green Vegetables

Green vegetables should be put into boiling water and cooked rapidly. Long, slow cooking destroys flavor and vitamins. Season just before removing from fire.

Winter Vegetables

Winter vegetables should be put into boiling water in order to retain flavor.

Dried Vegetables

Dried vegetables should be soaked over night in cold water, and then placed on the stove in cold water. If necessary to add more water, add boiling water only.

Time For Cooking Vegetables

Although no exact time can be given for cooking the various vegetables (as much depends upon the age and freshness) yet the following table will help to some extent the inexperienced cook. But it is always best to test with a fork or taste.

Potatoes, boiled, twenty-five minutes.
Potatoes, baked, forty-five minutes.
Sweet potatoes, boiled, forty-five minutes.
Sweet potatoes, baked, one hour.
Squash, boiled, twenty-five minutes.
Squash, baked, one hour.
Green peas, boiled, twenty to forty minutes.
Shelled beans, boiled, one hour.
String beans, boiled, one hour.
Green corn, boil quickly, twenty minutes.
Asparagus, fifteen to thirty minutes.
Spinach, one hour.
Tomatoes, fresh, one-half hour.
Tomatoes, canned, one-fourth hour.
Cabbage, three-fourths to one hour.
Cauliflower, one hour.
Dandelions, two hours.
Onions, one and one-fourth hours.
Beets, two hours.
Turnips, white, forty-five minutes.
Turnips, yellow, one and one-half hours.
Parsnips, one and one-half hours.
Carrots, one hour.

Nearly all these vegetables are dressed with salt, pepper and butter, but sometimes a small piece of salt pork is boiled with them and seasons them nicely.

For White Felt Hats

Clean with a piece of fine sandpaper. Rub gently and it will remove dirt and spots.

Boric Acid Solution Eye Wash

About a teaspoonful to a pint of boiled water.

Paste That Will Keep

Mix four tablespoons of flour in cold water, making the consistency of cream. Add four cloves to a small saucepan of water and boil, then pour gently into the flour and water, stirring constantly until it thickens. Turn the mixture into the saucepan and boil for five minutes. Pour into a wide mouth bottle and pass the handle of a paste brush through a hole in the cork.

A pair of shears in the kitchen will do lots for you, in the place of a knife.

Instead of rolling chicken in flour for frying, put flour and chicken in a paper bag, and a few shakes will do the work.

Save Time In Cleaning Pans

When poaching or scrambling eggs, grease the pan before the egg is added or before the water is added for the poached egg and the eggs will not stick to the bottom of the pan.

Save Tears When Handling Onions

Every housekeeper knows that if onions are peeled under water they do not cause the eyes to smart. But does every housekeeper know that if the onions are placed on a wet cloth when they are being cut into pieces the result is quite as satisfactory? This method is a great help when dicing onions or cutting them into small pieces to be used as a seasoning.

Left-Over Pie Crust

If you have made up too much pie crust, place it in a cup and grease the top with lard and set in cool place. It will keep for several days, and putting lard on top prevents a crust from forming. Some people really prefer pie crust that has been made for several days.

A Salad Suggestion

Mothers with large families, try arranging individual salads on a large flat dish by placing the salad in nests of lettuce leaves, the same as when individual salad plates are used. Much time is saved washing and drying the many little plates where mothers do not have hired help.

White Furniture May Be Cleaned

White furniture may be cleaned by dissolving baking soda in warm water, a teaspoonful to a pint of water, and applying the solution to the furniture with a soft cloth, rubbing with a dry cloth afterward. Finger marks and dirt are easily removed in this simple way.

To Keep The Cook Book Clean

I have a piece of glass the exact size of my cook book when open. This is bound in inch-wide gummed paper. When I turn to a favorite recipe I place the glass over my book and thus save finger prints and grease spots from my most-used book. If you ever try this you will never be without a glass to use over your cook book while baking.

When Making Sandwiches

When making a quantity of sandwiches, mix milk with the butter until it is of creamy consistency. This will spread easily and go much farther.

To Make A Clean Cut

Wet the knife before cutting pie with meringue on it and the result will be a clean, smooth slice.

Nice Way to Peel Tomatoes For Serving

Put tomatoes in colander, sieve, or sink and pour boiling water over them. Put in ice box or let cool, and when ready to slice the skin comes off and leaves tomatoes whole and unbroken. This is economical, too, as you lose none of the tomato.

For Grease

To remove grease from a stone hearth or stone steps, pour on a strong solution of washing soda in boiling water, then cover the stain with a paste of fullers earth and let it remain over night. Brush off in the morning and repeat the process if the stain is not entirely removed.

Provide Drainage

Your house ferns will get good drainage if you put an inch layer of broken crockery in the bottom of the pot.

Good For Salads

Celery tops may be utilized for garnishing salads or cold meats.

Home-Made Glue

A good glue for sticking labels on to glass or tin is made by mixing one part of powdered gum arabic with one of starch and four of sugar.

White or Cream Sauce

When making white or cream sauce it is advisable to make more than you will need and keep the rest in the icebox for use another day.

Sharpening Needles

When the needle on your sewing machine has become dull stitch for several inches through a very fine piece of sandpaper.

See that the name KNOX is on each package of Gelatine you buy

Soak In Borax

Remove stains made by chocolate or cocoa by soaking in cold strong borax water for a while and then pouring boiling water through in the usual manner.

Don't Begin To Save On Milk

Children must have it; adults ought to. Milk builds bone and muscle better than any other food.

Spend At Least As Much For Milk As For Meat

Remember that a quart of milk is equal in food value to a pound of steak. "A quart of milk a day for every child" is a good rule—easy to remember. At least try to provide a quart of milk a day for every member of the family.

Baking By Temperature

For the benefit of housewives who follow the new method of temperature cooking, and for those who wish to learn how, the following table is given:

Food	Oven	Temperature	Time
Cake, layer-----	Hot or quick	450°F	10 to 15 minutes
Drop or cup cake-----	Moderate	380°F	30 to 35 minutes
Loaf cake-----	Moderate	350°F	45 to 50 minutes
Fruit cake-----	Slow	275°F	1 to 6 hours
Sponge cake or angel food	Moderate	325°F	30 to 45 minutes
Muffins and corn bread	Moderate	400°F	25 to 30 minutes
Biscuits-----	Hot or quick	450°F	10 to 15 minutes
Gingerbread-----	Moderate	325°F	30 to 35 minutes
Quick loaf bread-----	Moderate	350°F	45 minutes to 1 hour
Cookies-----	Moderate	380°F	12 to 15 minutes
Cookies, molasses or chocolate-----	Moderate	350°F	15 to 20 minutes
Double crust pie (uncooked filling)-----	Hot or quick	{ 450°F for 10 minutes and then 400°F for 30 to 40 minutes	
Double crust pie (cooked filling)-----	Hot or quick	{ 450°F for 10 minutes and then 400°F for 20 to 25 minutes	
Pastry shell-----	Hot or quick	500°F	12 to 15 minutes
Custards (individual)-----	Moderate	325°F	35 to 40 minutes
Custards (baking dish)-----	Moderate	325°F	60 to 70 minutes

All the temperatures given on this page are for use with a gas range. If a coal range is used it will be necessary to deduct 85°F in each case from the oven temperatures that are given.

How To Steam Fruit Cakes Or Puddings

Place a wire rack in large pan with water or turn dish upside down and place the pan containing cake on top of that to prevent burning.

A Table of Measures

2	cups butter (packed solidly)	—	1 pound
4	cups flour (pastry)	—	1 pound
2	cups granulated sugar	—	1 pound
2	cups powdered sugar	—	1 pound
2	cups brown sugar	—	1 pound
2	cups oatmeal	—	1 pound
4 3/4	cups rolled oats	—	1 pound
2	cups granulated cornmeal	—	1 pound
4 1/3	cups rye meal	—	1 pound
1 7/8	cups rice	—	1 pound
4 1/2	cups Graham flour	—	1 pound
4 1/3	cups coffee	—	1 pound
2	cups finely chopped meat	—	1 pound
9	large eggs	—	1 pound
1	square Baker's chocolate	—	1 ounce
1/3	cup almonds, blanched and chopped	—	1 ounce
3	teaspoons (dry)	—	1 tablespoon
16	tablespoons	—	1 cup
2	tablespoons butter	—	1 ounce
4	tablespoons flour	—	1 ounce
4	teaspoons (liquid)	—	1 tablespoon
4	tablespoons (liquid)	—	1 wine glass
2	wine glasses	—	1 gill
2	gills (1/2 pint)	—	1 cup
2	cups	—	1 pint
4	cups	—	1 quart
1	cup (liquid)	—	1/2 pint

A grain is less than 1/2 teaspoon.

Salads To Serve With Light Meats

- Celery-grape-apple.
- Walnut-pimiento-apple.
- Endive; romaine; radish.
- Lettuce; asparagus.
- Orange-grapefruit-pimiento.
- Grapefruit-peach-lettuce.
- Lettuce-pineapple-cheese.
- Stringbean-green pepper-onion.
- Tomato-pepper.
- Celery-pecan.
- Cabbage-tomato-peppers.
- Cabbage-carrot-stringbeans.
- Cabbage-celery-beet.
- Jellied vegetables.

Salads To Serve With Heavy Meats

Celery-pepper.	Potato-cabbage-pimiento.
Tomato-cabbage-pepper.	Horseradish-tomato.
Beet-pickle-olive.	Cold Slaw; cabbage-celery-apple.
Cabbage-beet.	Cabbage-bacon-beet (hot).
Chestnut-celery-beet.	
Potato-apple-pepper.	

Salads To Serve With Fish

Celery-olive.	Cress.
Cucumber-radish.	Romaine.
Celery-pepper.	Endive.
Tomato-pepper-cabbage.	Stringbean-onion-pepper.
Cabbage-beet.	Cucumber-celery-pepper.
Asparagus.	Cabbage-cucumber.
Pepper.	Tomato-pimiento-cabbage.
Beet.	

Salads To Serve As Refreshments

Chicken-Celery-Egg. Chicken-Pea-Cucumber-Nuts. Chicken-Asparagus-Mushroom. Sweetbread-Celery-White Grape. Sweetbread-Cucumber-Celery. Crab. Shrimp. Lobster. Lobster-Celery-Egg. Oyster-Celery-Egg. Tuna or Halibut-Celery-Egg. Celery-Grapes-Nuts. Banana-Pineapple-Grapes. Pineapple-Orange-Fig-Date. Peach-Pecan-Maraschino Cherry. Banana-Peanut. Pear-Cheese-Nuts. Date-Cheese-Pineapple.

Substantial Salads

Egg. Potato. Nut-Cheese. Ham-Egg. Chicken. Tongue. Ham. Salmon. Potato-Tongue. Potato-Egg-Pimento. Lima Bean-Egg-Cucumber. Cream Cheese-Peanut Butter. Cabbage-Chestnut-Egg. Salmon-Celery. Salmon-Cucumber. Shadroe-Cucumber. Sardine-Potato.

Sandwiches Which May Be Served With Salad

Moisten with salad dressing: Chopped, hard-boiled eggs; chopped meat; chopped meat and chopped pickle; chopped nuts and dates; chopped olives and celery; chopped ripe olives and walnuts; chopped cheese and pimento; peanut butter sandwiches; sliced ham and mustard; sliced beef and dill; sliced chicken and tomato; cubed cucumbers and radishes.

How To Remove Water Stains From Mahogany or Walnut Furniture

Rub plain liquid camphor on stained places and it will disappear immediately.

How To Rid House of Roaches

Clean places they frequent, then sprinkle powdered borax and they will leave.

Perfectly Balanced Menus

Choose only one from each group—*i. e.*, one soup, one meat, one watery vegetable, one starchy vegetable, one salad, one dessert. Do not repeat the same flavor, as “tomatoes,” in two courses.

1, Soups. 2, Meats. 3, Starchy Vegetables. 4, Watery Vegetables.
5, Salads. 6, Desserts.

Menu 1

Cream Tomato.
Vegetable.

Mutton, Lamb, Roast,
Stew, Flank, Shoulder.

White Potatoes, Rice,
Hominy, Parsnips.

Carrots, Onions,
Spinach, Beets.

Mint, Current Jelly,
Cucumber, Cress,
Lettuce, Orange.

Stewed Fruits, Gelatines,
Light Steamed Puddings.

Menu 2

Bouillon.
Consomme.

Pork, Roast, Chops.
Shoulder, Spare Ribs.

White Potatoes, Rice,
Navy Beans, Parsnips.

Cabbage, Beets,
Squash, Onions.

Apple-Celery.
Cold Slaw.
Lettuce, Tomato.

Acid Gelatines.
Fruit Sherbets.
Fresh Fruits.

Menu 3

Cream of Onion.
Cream of Asparagus.
Cream of Cucumber.

Veal, Roast.
Shoulder, Chops, Cutlets.

Sweet Potatoes, Corn,
Egg Plant, Oyster Plant.

Asparagus, Tomatoes,
Cauliflower, Onions.

Tomato-Mayonnaise,
Cabbage-Pepper.

Stewed Fruits.
Light Steamed Puddings.
Cornstarch, Custards.

Menu 4

Cream of Pea.
Tomato, Okra.
Cream of Corn.

Chicken, Roast.
Fricasse, Pot Pie, Fried.

Sweet Potatoes, Peas, Rice,
Lima or Butter Beans, Corn.

Mushrooms, Cauliflower,
Brussels Sprouts, Peppers.

Apple-Nut-Mayonnaise.
Raisins-Egg-Sardine.

Custards.
Fruit Souffles.
Pastry.

Knox Sparkling Gelatine improves Soups and Gravies

Menu 5

Oyster.
Cream of Asparagus.
Cream of Cauliflower.

Turkey, Duck,
Goose, Squab.

White Potatoes, Corn,
Rice, Hominy.

Asparagus, Onions,
Tomatoes, Squash.

Grape, Currant Jelly,
Apple-Celery, Cress,
Lettuce, Orange.

Acid Gelatines,
Fruit Ices,
Stewed Fruits.

Menu 6

Cream of Pea.
Ox Tail.
Clam Broth.

Sweetbreads, Brains,
Tripe, Kidneys.

Butterbeans, String Beans,
Peas, Rice, Oyster Plant.

Spinach, Carrots,
Celery, Beets.

Egg, Sardine,
Apple-Celery-Nut,
Lettuce-Cheese-Nut.

Custards.
Fruit Souffles.
Pastry.

Menu 7

Consomme.
Bouillon.

Ham, Tongue,
Baked or Casserole.

White Potatoes, Rice,
Hominy, Snaps (String Beans).

Spinach, Carrots,
Onions.

Orange-Grapefruit,
Cress, Beet Relish,
Lettuce.

Stewed Fruits,
Cornstarches,
Tapiocas.

Menu 8

Cream of Onion,
Cream of Tomato,
Cream of Celery.

Fish, Fresh Baked,
Planked, Broiled.

White Potatoes, Corn,
Egg Plant, Rice.

Asparagus, Carrots,
Tomatoes, Beets.

Cucumbers, Radishes,
Lettuce—Cheese.
Egg—Potato.

Shortcakes,
Cornstarches,
Light Steamed Puddings.

Menu 9

Cream of Cauliflower.
Cream of Spinach.
Cream of Carrot.
Oysters, Clams, Lobsters.

Sweet Potatoes, Beans,
White Potatoes, Corn.

Cauliflower, Celery,
Spinach, Carrots.

Lettuce—Cheese—Nut.
Apple—Celery—Nut.

Custards.
Pastry.

Menu 10

Clear Vegetable.
Clear Tomato.

Baked Beans, Nut Loaf,
Croquettes.

White Potatoes.

Squash, Onions,
Tomatoes, Cabbage.

Cold Slaw, Cucumbers,
Lettuce, Beet—Relish.

Cornstarches,
Stewed Fruits,
Tapioca.

Menu 11

Vegetable.
Brunswick Stew.

Creamed Chipped Beef.
Creamed Eggs with Cheese.

White Potatoes.

Cabbage, Squash,
Onions, Spinach.

Egg—Sardine,
Tomato, Lettuce,
Cold Slaw.

Cornstarches,
Short Cakes,
Pastry.

Menu 12

Clear Tomato.
Cream of Spinach.
Cream of Celery.

Beef Roast,
Fillet, Flank, Rump.

White Potatoes, Rice,
Hominy, Parsnips.

Cabbage, Tomatoes,
Brussels Sprouts, Onions.

Lettuce, Grapefruit, Orange,
Cucumber, Olives.

Fruit Ices,
Gelatines,
Fresh Fruits.

Menu 13

Cream of Potato.
Cream of Corn.
Cream of Oyster Plant.

Beef, Pot Roast,
Meat Loaf.

Macaroni, Egg Plant,
White Potatoes, Rice.

Carrots, Turnips,
Onions, Squash.

Lettuce—Tomato,
Cress, Cucumber,
Radishes.

Cornstarches,
Rice Puddings.
Short Cakes.

Menu 14

Cream of Asparagus.
Cream of Carrot.
Cream of Onion.

Beefsteak, Porterhouse,
Hamburg, Round.

Sweet Potatoes, Corn,
Parsnips.

Asparagus, Tomatoes,
Cauliflower, Peppers.

Lettuce, Pimentos,
Sardines, Radishes.

Cornstarches,
Short Cakes,
Tapiocas.

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